

# THE ORATOR

A message from Fr. Nicholas...

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## HEAVEN IS A WONDERFUL PLACE

*“Heaven is a wonderful place, filled with God’s glory and grace, I want to see my Savior’s face because Heaven is a wonderful place.”*

This Sunday school song, like many others is a simple attempt to teach our children about Heaven. Many times, it’s this kind of children’s songs that many of us have heard and sung and used to help shape our own understanding of Heaven. For many people Heaven is just a wonderful place to go after we die. We may even liken Heaven as what we have here and now, only better. When we lose some one, we may even say “Heaven received a new angel,” or “you now have an angel up in Heaven looking over you.”

I’ll always remember when my grandfather-in-law passed away. The preacher painted a beautiful picture of “Grandpa Pete, up in Heaven, sitting on the porch with his coyote hunting dogs and his rifle.” Anyone who knew Grandpa Pete, knew that was his favorite pass time. He truly enjoyed hunting the coyotes from his front porch. But what struck me as odd, was the fact this was something earthly, it was something he enjoyed doing in this life. To me, this was such a bleak impression of Heaven. What else would we do in Heaven? Will we have to find a job? Will we have hobbies etc. Is Heaven just an extension of this earthly life that we have? Isn’t it supposed to be more?

We come up with these simple descriptions and expectations of Heaven as a way to wrap our head around the idea of Heaven. But truly, Heaven is bigger than that, because God is bigger than that. God is Holy, He is completely other than us and creation. We can not fully describe God in our language and understanding, because it would never be enough. Any grand statement we can offer is an understatement. He is so big, so good, so loving and so merciful etc. we could never comprehend it. It is because of Who He is, that He has prepared a place for us at the foundation of the world, a Heavenly Banquet. Before He created You and me, before Adam and Eve, He created a place of His joy, for you and me. Still, it’ll be better than you can possibly imagine. How do we know this?

And Angels, God already made angels, before He even made man. When we die, while it may sound nice to say we become angels, we don’t, and why would we want to? God made us special and different from the angels. He gave us something He did not give to the Angels, and that is His image and likeness.

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In the scripture you may read, “for to which of the angels said He at any time, You are my Son, this day have I begotten you? And again, I will be to Him a Father and he shall be to me a Son?”(Hebrews 1:5). Christ became one of us, He became man, so that we may be saved.

When we die, it would be like a demotion, to become an angel. For those who have been baptized and lived a life following Christ, our promotion if you will, is that we become what God has always intended for us to be, in perfect communion with Him, in full knowledge of Him.

When we read in Genesis about Adam and Eve walking in the garden with God, they spoke to God as we speak to each other today. They had a personal relationship with God. The Garden of Eden was more than just a nice place, it was the place where they lived in perfect communion with God. This was the plan. That we would remain eternally with God. But when they broke the fast and ate the forbidden fruit, it is at this time they are evicted from paradise, less they eat the fruit of the Tree of Life and live forever. God said it was not good that they should live forever in a sinful state. Death, was not a punishment but rather a consequence of Adam’s freewill and violation, and an act of mercy. It was an act of mercy because it would be much worse to live eternally separated from God, dead in sin.

This will be the case, until the first coming of Christ. At His incarnation of the Virgin Mary, the gates that were previously closed become open again. As we read in our prayers, the curse was neutralized; Mary is the new Eve and Jesus is the new or rather Last Adam. Jesus prepares the way that we should follow. Through His life, death and glorious resurrection, He brings with Him our humanity back into paradise, where there is no pain, sorrow or suffering. It is the place of delight, for those who have been baptized and lived a life in Christ. This is where we receive our beginnings. It is our true home, the eternal Kingdom of God.

When you look at the icon of the resurrection, you see Jesus Christ standing in a white orb exalting His divine light, and he pulls Adam and Eve out of their graves. In affect, pulling our fallen humanity and all of fallen creation out of our graves. Jesus does not pull the angels into paradise, He pulls humanity. We don’t become angels, God already has angels. But for those who believe and have been baptized, better than angels, we become our true selves, in His image and likeness as He intended. To what angel has He said, “good and faithful servant, enter the delight of your master?” To what Angel did He give his body and blood? Christ offers Himself as the perfect sacrifice on behalf of humanity. He gives Himself completely to us. It is our humanity that will be raised in the last days when He comes again, and that will be a glorious day.

It is not for us to know when our time will come, that we might enter the Joy of our Master, but Christ teaches us to be prepared. Everyday we may fall away from Christ(Sin- Amartia), and everyday we are to get back up again (Repent-Metonia). As we continue our Lenten journey to Pascha, I encourage you to participate in the additional lenten services, schedule an appointment for confession, find ways to perform acts of mercy. These are some of the tools the church gives to us, that we prepare ourselves, that we may share in Christ’s glorious resurrection.

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## LENT - A TIME OF LIBERATION

### Metropolitan Gerasimos of San Francisco

*“Let us keep the Fast not only by refraining from food, but by becoming strangers to all the bodily passions; that we who are enslaved to the tyranny of the flesh may become worthy to partake of the Lamb, the Son of God, slain of His own will for the sake of the world, and spiritually may celebrate the feast of the Savior's Resurrection from the dead. So shall we be raised high in the glory of the virtues, and through our righteous actions we shall give joy to the Lord who loves humankind.” A Lenten Hymn*

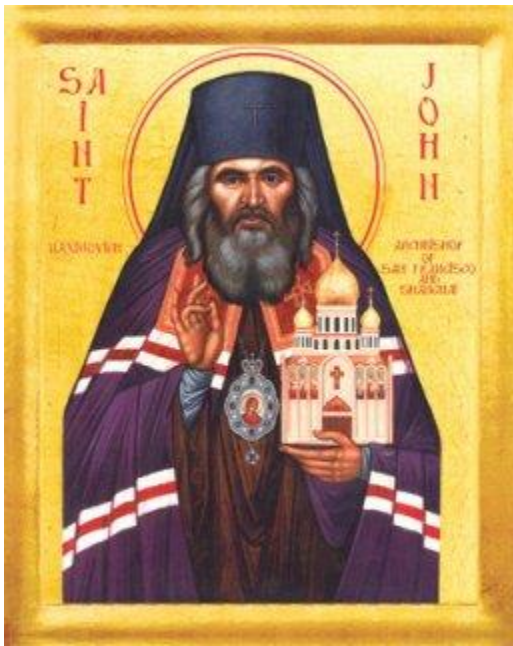


As we embark on the journey of Great Lent, it is good and edifying to pause and reflect on the true significance the spiritual endeavor that lies before us. The Church's hymnography is a trustworthy guide, steering us away from all caricatures of Lent, reminding us of the full scope of our pilgrimage. Great Lent is a time of retreat to help us confirm our life to Christ. Great and Holy Lent is designed to be a period of transformation for us – yes, a time of struggle, but a joyful struggle to become more Christ-like in all that we think, in all that we do, and in all that we say. Let us keep the Fast not only refraining from food. All too often we focus almost exclusively on what we eat and do not eat. This is important, but it is only part of our task. As Saint Basil the Great wrote, "Fasting is the strength-training of the godly....It is clear that fasting would not only teach self-control in relation to all kinds of foods, but also how to entirely escape and get rid of covetousness, greed, and all kind of evil." Let us keep the Fast...by becoming strangers to all bodily passions. A fundamental concept in understanding Orthodox Christian spiritual life is passions. These are natural things necessary for life that have mutated and taken control of our lives. We must eat in order to live, but when our life is dominated by food we succumb to the passion of gluttony. Money is a necessity but when our life is centered on the acquisition of wealth, we are controlled by the passion of avarice. Humans need to love and be loved, but often times that love is deformed and we become slaves to the passion of lust. Lent is a time to practice selfcontrol in order to tame these passions that have enslaved us to unhealthy cravings and disorient our life. During this period of Great Lent, let us examine the essential values that guide us in our actions. Let us reorient our lives so that they are guided by God and His love rather than passionate desires; let us desire nothing more fervently than God and His love. Great Lent is a time of liberation, when we free ourselves from the shackles of things and desires, pursuing single-mindedly a deeper union with God and a more authentic reflection of God's love. Lent is a time to rejoice that, through selfdiscipline, we have grown closer to God and have become a more perfect image of God's compassion, mercy and love. As such, regardless of the struggle, this is a time of joy and hope. Embrace it as such and the joy of the Resurrection will fill the very depths of your existence. Liberating ourselves from the slavery to passions of the flesh frees us to love God. Without the distractions of the passions, we can be more attentive to our relationship with God. Without destructive passionate goals, our lives are free to be guided by Christ's command to love God and our neighbor. This is the true meaning of μετανοια (repentance): a reorientation of our lives. And so the Church instructs us that a pure fast includes attentiveness in prayer and works of mercy to the poor. Let these simple insights guide us during the coming 40 days. Be aware not only of ourselves but of others. Let us be attentive in all aspects of our life not only to our own needs but to the needs of others. Let this be a time when we not only curtail that which impedes us but a time when we develop the things that make us more Christ-like. With these few thoughts I invite you to embark joyfully on the journey of the Great and Holy Lent. Do not be burdened by the discipline, but be renewed by the opportunity to grow into deeper communion with God. The discipline is neither easy nor always pleasant, but the results will bring joy to you and those around you. May this be a time of profound spiritual joy for you, your community, your family, and your loved ones. Our hope is in the Lord who never fails.

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## Open to Me the Doors of Repentance

By St. John of Shangai and San Francisco



Repentance is expressed by the Greek work, metanoia. In a literal sense, this means a change of mind. Repentance is a change of one's disposition, one's way of thinking; a change of one's inner self. Repentance is a reconsideration of one's views, an alteration of one's life. How can this come about? In the same way that a dark room into which a man enters is illumined by the rays of the sun. Looking around the room in the dark, he can make out certain things, but there is a great deal he does not see and does not even suspect is there. Many things are perceived quite differently from what they actually are. He has to move carefully, not knowing what obstacles he might encounter. When, however, the room becomes bright, he can see things clearly and move about freely. The same thing happens in our spiritual life. When we are immersed in sin and our mind is occupied solely with worldly cares, we do not notice the state of our soul. We are indifferent to who we are inwardly, and we persist along a false path without being aware of it. But then a ray of God's Light penetrates our soul. And what filth we see in ourselves! How much untruth, how much falsehood! How hideous many of our

actions prove to be, which we fancied to be so wonderful. And it becomes clear to us which is the true path. If we then recognize our spiritual nothingness, our sinfulness, and earnestly desire our amendment, then we are near to salvation. From the depths of our soul we shall cry out to God: "Have mercy on me, O God, have mercy according to Your mercy!" "Forgive me and save me!" "Grant me to see my own faults and not to judge my brother!" This spirit of self-evaluation, self-knowledge, and authentic repentance and turning back to God is the essence of our Lenten Journey. Lent is a time for us to prepare for the life to come and, more immediately, to prepare for the Glorious Resurrection of Our Lord and Savior, Jesus Christ. Just as a stairway is constructed within a tall building in order to enable one, by climbing the steps, to easily ascend to the top, so, too, the various days in the year serve as steps for our spiritual ascent. This is similar to the role in our lives of the days of Great Lent and holy Pascha. Through Great Lent, we cleanse ourselves of the filth of sin. At Holy Pascha we experience the blessedness of Christ's Kingdom that is to come. In climbing a high mountain, one tries to eliminate all unnecessary weight. The less a person carries, the easier it is for him to climb, and the higher he is able to climb. So, too, in order to ascend spiritually, it is necessary first of all to free ourselves from the weight of sin. This burden is taken from us through repentance, provided that we banish from ourselves all enmity and forgive each person whom we consider to be at fault before us. Once cleansed and forgiven by God, we are prepared to greet the Bright Resurrection of Christ. And what a priceless gift of God we receive then, at the culmination of our Lenten struggle. Communing of the Body and Blood of the Risen Christ, unto life eternal – this is the aim of the Holy Forty Days. Not just on Pascha does one commune. On the contrary, on Pascha those people should commune who fasted, confessed and received the Holy Mysteries during Great Lent. In the last moments and days before

Pascha, there is little opportunity for a proper and thorough confession; the time and the priests are occupied with the Passion services. We must prepare ahead of time. Each time we receive the Mysteries of Christ, we are united with Christ Himself; each time it is soul-serving. This is an irreplaceable gift of Christ, an incomparable good. Let no one deprive himself of this joy and, instead of receiving Holy Communion on Pascha night, rush out of church early to eat meat and other foods! Communion of the Holy Mysteries on that night prepares us for the banquet in the eternal Kingdom of God. As we continue in our journey of Great Lent, let us hasten to keep the spirit of forgiveness within us. May we constantly remember the words of the Gospel for Forgiveness Sunday, "if you forgive men their debts, your heavenly Father will also forgive you; but if you forgive not men their debts, neither will your Father forgive your debts" (Matthew 6:14,15). May God grant us all the grace of this blessed time of repentance, and guide each of us closer to Him as the Feast of His Holy Resurrection approaches!

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"O CHRIST, IN YOUR COMPASSION, I ENTREAT YOU THROUGH FASTING AND REPENTANCE TO RESTORE MY SOUL, WHICH HAS BEEN SLAIN BY THE FRUIT OF DISOBEDIENCE. GRANT THAT I MAY EVER WALK IN THE STRAIGHT PATH OF YOUR HOLY COMMANDMENTS, SO THAT IN THE COMPANY OF ALL WHO LOVE YOU, I MAY SHARE IN YOUR DIVINE GLORY AND PRAISE YOUR GOODNESS TOWARDS ALL PEOPLE, O JESUS." *A LENTEN HYMN*

## HOLY SCRIPTURE FOR OUR LENTEN JOURNEY

Not everyone who says to me "Lord, Lord" will enter the Kingdom of Heaven, but only the one who does the will of my Father in heaven. Matthew 7:21

Admonish the idlers, encourage the faint hearted,  
help the weak, be patient with all people 1

Thessalonians 5:14

"We do not live to ourselves, and we do not die to ourselves. If we live, we live to the Lord, and if we die, we die to the Lord; so then, whether we live or whether we die, we are the Lord."

Romans 14:7-8

"And may the Lord make you increase and abound in love for one another and for all, just as we abound in love for you. And may He so strengthen your hearts in holiness that you may be blameless before our God and Father at the coming of our Lord Jesus with all his saints... For this is the will of God, your sanctification."

1 Thessalonians 4:1



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## PASCHA BAKE SALE

**DEADLINE: Sunday, March 25<sup>th</sup>**

**PICK-UP: Palm Sunday**

Please pick up your Order Form in the Fellowship Hall or call Anna Panagopoulos at 817-834-0052 or Biji Johnnides at 682-521-4143.

**TSOUREKI/BREAD \$6**

**KOULOURLAKIA \$8**



**BAKERS: MARCH 27 & MARCH 29 9:00AM**

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## PARISH DIRECTORY TIME

Come and be a part of the New Saint Demetrios Parish Directory! One Day Only!

**Sunday, April 1, 2018 / Palm Sunday**

Our very own, Evans Caglase will be taking our pictures for the directory.

Don't miss out!! Mark Your Calendars!

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## PASCHA DONATIONS

There are many flowers that St. Demetrios is in need of. If you would like to sponsor or contribute towards one of the following, please contact Fr. Nicholas at [frnicholas@stdemetrios.net](mailto:frnicholas@stdemetrios.net) or 617-530-0885.

**Feast of the Holy Cross: \$125**

**Feast of the Annunciation: \$250**

**Palm Sunday: \$125**

**Tomb of Christ: \$600**

## SATURDAY OF LAZARUS



COME AND HELP  
KEEP THE  
ORTHODOX  
TRADITIONS ALIVE  
IN OUR COMMUNITY!

- ❖ Palm Cross Making
  - ❖ Lazaraki
  - ❖ Decorating the Church for Palm Sunday
- 

## SECOND TRAY SUNDAY

MARCH 4: OCMC

MARCH 11: HCHC

MARCH 18: ZOE FOR LIFE

MARCH 25: OCN

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## PASCHA CARDS

**Pascha time is upon us, please sign up and make a donation for our first Community Pascha Card. Deadline: Sunday, March 25th.**

Please email Samia at [admin@stdemetrios](mailto:admin@stdemetrios) with how you would like to have your name listed. Or fill out a form in the Fellowship Hall and submit to Parish Office.

# OUR LENTEN JOURNEY

Great Lent is a time for self-examination and self-denial – a time for taking control of our lives and our bodies. The purpose of the Fast is to give us a greater awareness of our dependence on God. It is a time to improve ourselves and our relationship with God.

Lent is a time for greater works of mercy and charity for those less fortunate than us. It is a time for visitation of the sick and assistance to the poor, and generally a more joyful relationship with those who are close to us – our family and friends.

Most of all, Lent is a time of JOY and NEW BEGINNINGS. We cleanse ourselves – mind, body and soul – through the physical and spiritual fast, keeping a Christian *attitude* in all that we do. All this is done to prepare us for the Great Feast of Pascha – the Resurrection of Christ.

**It is important for us to understand the “SPIRITUAL TOOLS” that we use to help us on this blessed spiritual journey:**

- 1) Fasting,
- 2) Prayer and More Frequent Worship,
- 3) Good Deeds & Charity,
- 4) Repentance & Holy Confession,
- 5) Reading of Scripture

## FASTING

“The purpose of Lent is not to force on us a few formal obligations,” Fr. Alexander Schmemman notes, “But to soften our heart so that we may experience the hidden ‘thirst and hunger’ for communion with God.” Thus, remember to keep the proper spirit of fasting:

*“With joy let us enter the beginning of the Fast, not with a sad countenance... There are 40 days in the Fast and let us keep them all with joy... True fasting is to put away all evil,*

*to control the tongue, to forbear from anger, to abstain from lust, slander, falsehood and perjury. If we renounce these things, then is our fasting true and acceptable to God.”*

*“Do you fast? Give me proof of it by your works. If you see a poor man, take pity on him. If you see a friend being honored, do not envy him. Do not let only your mouth fast, but also the eye and the ear and the feet and the hands and all the members of our bodies. Let the hands fast, by being free of avarice. Let the feet fast, by ceasing to run after sin. Let the eyes fast, by disciplining them not to glare at that which is sinful. Let the ear fast, by not listening to evil talk and gossip. Let the mouth fast from foul words and unjust criticism. For what good is it if we abstain from birds and fishes, but bite and devour our brothers? May He who came to the world to save sinners strengthen us to complete the fast with humility, have mercy on us and save us.” (St. John Chrysostom)*

## GUIDELINES FOR FASTING

Each of us should try to struggle with our fast. It’s not supposed to be easy. Yet each of us should fast in a manner appropriate to our own spiritual maturity. A Strict Fast is to avoid all meat, milk or dairy products, and even foods cooked with oil. According to one’s health and situation, maybe an adjustment to the fast is appropriate - possibly not eating meat for 40 days, but only abstaining from milk and dairy products on Wednesdays and Fridays. Or maybe your situation might require a greater adjustment. Talk with Fr. Luke about this.

In our day and age, fasting should also include abstinence from noise and meaningless chatter. This can include fasting from TV, Music, internet, facebook, texting, excessive cellphone usage, video games, etc. Maybe you can abstain from some of these during the first week of Lent and during Holy Week. If you can, try for 40 days!

## PRAYER

Together with Fasting, Prayer is central to our Lenten journey. The aim of prayer is to connect with God, to enter into an intimate conversation with God where there is both talking and listening. Sitting in silence is an important part of our prayer, for in silence we encounter God in the depths of our soul. We turn our mind and thoughts toward Him. We mentally gaze at Him and speak with Him in reverence, fear, and hope. At times we speak to Him with words and at other times we stand or kneel in reverent silence, saying nothing, but being aware of His presence. In this dialogue with God we praise Him and thank Him. We ask Him for what we need. Our minds and our hearts are opened to Him. Prayer is not only repeating words, it is trusting in God that He hears and directs us in His Way involving spiritual growth and development.

One of the most beautiful prayers that we recite daily throughout Lent is the **PRAYER OF ST. EPHRAIM**. Try to say this prayer each morning and night throughout Lent.

*Lord and Master of my life,  
Take from me the spirit of laziness, idle  
curiosity, vain talk and lust for power.*

*Give me instead a spirit of chastity,  
humility, patience and love.*

*Yes Lord and King,  
help me to see my own faults, and keep me  
from judging what others do.*

*For You are blessed unto the ages of ages.  
Amen.*

Try to also say the Jesus Prayer - *Lord Jesus Christ, Son of God, Have Mercy on Me the Sinner* - for 10 minutes a day. And if you want to practice a Prayer Rule, see Fr Nicholas and

he will give you a set rule to try and say each day throughout Lent.

One other important Lenten Discipline is to come to the beautiful Lenten Church services each week - Monday **GREAT COMPLINE**, Wednesday **PRE-SANCTIFIED LITURGY**, Friday **SALUTATIONS SERVICE TO THE VIRGIN MARY** and of course the **SUNDAY DIVINE LITURGY**. Make it a goal to attend at least one extra service each week of Lent, and try to encounter God in our worship

## REPENTANCE & CONFESSION

St John the Baptist's first words were "Repent, for the Kingdom of God is at hand." Jesus repeated these words when He began His public ministry, "Repent!" We hear the Apostle Peter says, "Repent and be baptized every one of you in the name of Jesus Christ for the forgiveness of your sins, and you shall receive the gift of the Holy Spirit." When we sin, we turn away from God and from one another. To re-enter into communion with God implies reflecting on our lives and turning back, repenting! The Greek work for repentance, *metanoia*, implies a very deep change in the way we see ourselves, our world, and our relationship to God. To change the direction of our lives, and to change our mind in repentance, is the starting point in our Lenten journey.

Think back over your life of things which you regret having said or done - hurtful, inconsiderate, selfish, deceitful. Think also of those things which you have done which may not have directly affected others, but which you know to be wrong according to the teachings of the Church. Take this regret and turn it into repentance. Acknowledge that you have offended another person and in doing so you have offended God.



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For God to forgive us, He asks us to also forgive one another. For many of us, this is the most difficult aspect of repentance and confession. Yet we say it each time we pray the Lord's prayer, "forgive us our trespasses as we forgive those who trespass against us."

One other aspect of repentance and should be to participate in the **SACRAMENT OF CONFESSION**. This requires you to reflect upon your life, prepare yourself, and then go to Fr. Nicholas or another priest for confession. It is expected for a serious Orthodox Christian to go to the Sacrament of Confession during this holy time of the year. If you have never gone to Confession, or have not gone in a long time, make an appointment with Fr. Nicholas and decide to go to Confession this Lenten Season!

### **READING THE BIBLE AND SPIRITUAL READING**

Reading Holy Scriptures brings inspiration, guidance and strength. What better witness for the truth of the Christian faith than a solid Christian life nourished by Holy Scripture and radiating true Christian love at home, at Church and at work? The Christian's own life becomes a kind of gospel, a living Bible, in which other people observe, read and experience the truths of God in action. Set aside a regular time for daily reading. Don't read too much or too fast. One chapter a day is sufficient. Let what you read sink in slowly. Start with one of the Gospels - Matthew, Mark, Luke, John. Read with the faith and the expectation that God will really and truly speak to you through what you read. (If you like, read my daily email which will include the Bible readings, or get them on our church app.) Don't worry about the passages you do not understand. Concentrate on what you do understand. The more you read, the more you will understand.

Also try to read a spiritual book during this holy season. Here are some suggestions which you can get at our **Church bookstore**:

- Great Lent: A Journey to Pascha  
(Fr Alexander Schmemmann)
- A Journey Through Great Lent  
(Fr Stephen Belonick)
- The Lenten Spring (Fr Thomas Hopko)
- A Journey Into the Kingdom of Heaven  
(Fr Luke Veronis)
- God Speaks from the Cross  
(Fr. Anthony Coniaris)
- Thirty Steps to Heaven  
(Fr Vassilios Pappavasiliou)
- Spiritual Awakenings  
(Elder Paisios of Mount Athos)

### **CHARITY AND GOOD DEEDS**

Our Prayer, Fasting, Repentance, Confession, and Bible Reading should all naturally lead us to the final essential element of Great Lent - that of Charity and Good Deeds. Our entire spiritual struggle should cultivate within us a great love for God, which naturally should lead to a greater love for our neighbor, for the stranger, especially for those in need.

Lent is a season when we create time for good deeds. Be careful not to say "I'm too busy" because Lent is precisely when we specifically rearrange our hectic schedules and create time for God and for others!!! This discipline will take as much, if not more effort, than all our other spiritual disciplines! Two Sundays before Lent, we heard the Gospel of the Last Judgment, when Jesus so clearly says, *"I was hungry, and you gave me something to eat. I was thirsty and you gave me something to drink. I was naked and you clothed me. I was sick and imprisoned and you visited me... Whatever you do to the least of my brothers and sisters, you do for me."*

The whole “spirit” of fasting is related to changing our lifestyles for a period of time, as a means to help us focus more on our pursuit for the Kingdom of Heaven. Therefore, create time to volunteer in a soup kitchen, to visit an elderly person weekly, to donate to a charity, along with adding more spiritually edifying activities. So here’s a summary of ideas for Great Lent:

1. Be disciplined in saying your prayers every morning and evening.
2. Come to Church every Sunday, and attend at least one extra Lenten service throughout the week.
3. Read the Bible every day and keep your 30 minutes of time with God
4. Pray the Jesus Prayer daily, and sit in silence and meditation for 10 minutes each day.

5. Free up your busy schedule and create time to think about what is truly essential in life.
6. Talk less, gossip less, control your speech, don’t participate in inappropriate talk, and instead, fill your mind with what is meaningful and positive.
7. Each day try to reach out to someone in need, someone who is alone, someone to whom you can share the love of God in a concrete manner! Offer small acts of kindness with great love!

*May God bless our Lenten journey so that we all encounter God in a new, vibrant way, we come to know ourselves better and begin living lives of repentance, and we prepare ourselves to celebrate Pascha in a joyous new manner!*

## SERVICE TO OUR CHURCH

Date	Member(s)	Service
3/4/18	Christine Panagopoulos & Stephan Papadopoulos Papadopoulos Family Marina Beasley	Parish Council Fellowship Hour Prosfora
3/11/17	Chris Kime & Phil Hieger OPEN – Potluck Items Hadzellis Family	Parish Council Fellowship Hour Prosfora
3/18/18	Gus Galanis & Tigist Yemenu OPEN – Potluck Items Various Paul Adamopoulos & Christine Panagopoulos Hadzellis Family	Parish Council Fellowship Hour Cleaning Ministry  Pan-Orthodox Vespers Prosfora
3/25/18	Jenna Copeland & Timothy Strong Annunciation Feast Day Luncheon Dimitra Bakintas	Parish Council Fellowship Hour Prosfora
3/31/18	Stephan Papadopoulos & Timothy Strong	Parish Council

## SAFETY MINISTRY

OUR MISSION: *"To serve the community of St. Demetrios Greek Orthodox Church by upholding and contributing to a safe worship experience through observation, deterrence, and response."*

Interested parishioners must be members in good standing for no less than 12 months, must be willing to submit to a background investigation, and must be willing to commit to a minimum of one day of service per month.

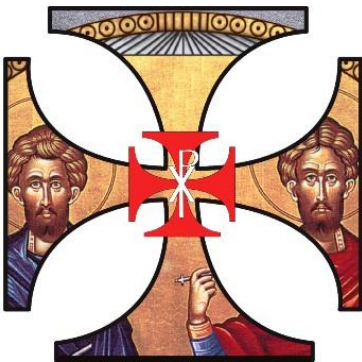
**This voluntary position requires the ability to stand for long periods of time and be exposed to the elements. Prior law enforcement, private security, and/or military experience is welcome but not required.**

## CLEANING MINISTRY

The Church Cleaning Ministry is scheduled for **March 18<sup>th</sup>** after the fellowship hour. Please spend a little time to help clean our beloved community center in anticipation for the Pan-Orthodox Lenten Vespers! Reminder: bring comfortable clothes for cleaning.



## PHILOPTOCHOS



As beautiful as the holiday season is, Lent continues to be my favorite time of year. The beautiful Lenten services, the glory of Christ's Resurrection and the upcoming Spring is a wonderful feeling.

Lent is not only a time of fasting and spiritual renewal, but a time of service as well. We continue to give of ourselves and our time to our church and its ministries. Each month the Philoptochos sends in ministry commitments to both the Metropolis and National Philoptochos. Each commitment is for a specific cause/ministry that has been approved by Archbishop Demetrios. We have decided this year to begin increasing the amount of commitment donations. One way we are doing this is by setting up a table in our fellowship hall with a donation basket noting the cause that that month's commitment will go to. In this way our parishioners can not only assist in increasing our donation commitment, but also have an opportunity to donate to a cause that they may feel close to. The impact of these donations is immeasurable and will help to improve the lives of many.

*"O you faithful, with joy let us enter upon the beginning of the Fast. Let us not be of sad countenance, but let us wash our faces in the water of dispassion; and let us bless and exalt Christ above all forever." (Hymn of Matins – First Monday of Lent)*

In His Love and Service,  
Georgia Sparto  
Philoptochos President

## SUNDAY CHURCH SCHOOL: SUNDAY OF ORTHODOXY



### 2018 PARISH COUNCIL



President: Chris Kime  
V. President: Christine Panagopoulos  
Secretary: Jenna Copeland  
Treasurer: Paul Adamopouls  
Ash Azer  
Phil Hieger  
Gus Galanis  
Timothy Strong

Not present:  
Stephan Papadopoulos  
Tigist Yemenu

## CAMP EMMANUEL

Each year Camp Emmanuel offers participants an opportunity to spiritually recharge, away from everyday life and to gain experience in a nurturing Orthodox Christian community. Camp Emmanuel utilizes the [Manzano Mountain Retreat](#) facility in Torreon, New Mexico, outside of Albuquerque.



Camp Emmanuel offers two, one-week sessions each summer: one Junior Session and one Senior Session. The Junior session is for young people ages 11-14 years, and the Senior Session for ages 15-18 years.

Junior Session campers must turn eleven years old prior to October 1, 2017. Likewise, fourteen-year-old campers who will be fifteen years of age prior to October 1, 2017, are considered eligible to participate in the Senior session of Camp Emmanuel.

Making Plans to Attend Camp Emmanuel

**Dates have been set for CE2018! Senior Session: June 10 - 16 Junior Session: June 17 - 23**

## VACATION CHURCH SCHOOL



**SAVE THE DATE  
9AM-12PM  
JUNE 11-15  
AGES 4-10 YEARS**

## FELLOWSHIP HOUR

**Consider making a \$75 Donation  
for Fellowship Hour  
In Honor of Some Special Event/Person or  
In Memory of a Loved One.  
Contact LeeAnn Hieger for details:  
[Mritech56@yahoo.com](mailto:Mritech56@yahoo.com)**

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## DAILY BREAD MINISTRY

Mission: To Spread Our Faith Through Good Works and Fighting Hunger in Our Local Community

The Daily Bread Ministry serves meals at the Presbyterian Night Shelter for the homeless on 1<sup>st</sup> and 4<sup>th</sup> Wednesdays of the month and at the Samaritan House for those suffering from HIV on the last Sunday of the month. Please come serve.

*We are collecting dessert for the children at the Women's Center at Presbyterian Night Shelter, to improve the meals they eat. On March 4, if you could bring blue bell ice cream cups to the Church Hall, we will be collecting those and serving on March 7<sup>th</sup>. Please help us in that endeavor.*

### SCHEDULE

Wednesday March 7 <sup>th</sup>	5:20PM – 6:30PM	Presbyterian Night Shelter*
Wednesday March 25 <sup>th</sup>	5:20PM – 6:30PM	Presbyterian Night Shelter*
Sunday March 28 <sup>th</sup>	4:00PM – 6:00PM	Samaritan House**

\*The Presbyterian Night Shelter is a homeless shelter located at 2320 Poplar St. Fort Worth, TX 76113 817-632-7408 (website: <http://www.journeyhome.org/>). We will meet at the Shelter at 5:10PM (gated parking is available on N. Kentucky Ave—one street over) and serve dinner at 5:20PM. Please contact John Sempeles (682-215-3151, [dfwgrimlock@yahoo.com](mailto:dfwgrimlock@yahoo.com)) if interested.

\*\*Meals for the Samaritan House will be prepared in the Church kitchen after Liturgy on the indicated Sunday and delivered later in the day to the Samaritan House, 929 Hemphill St, Fort Worth, TX 76104. A minimum of 2 to 3 volunteers will be needed for serving. Please contact Megan Hieger (817-556-1964, [megan.hieger@gmail.com](mailto:megan.hieger@gmail.com)) if interested.

## AHEPA



## AHEPA FORT WORTH CHAPTER #19

***Calling All Graduating High School Seniors and Returning College Students***

AHEPA Fort Worth Chapter #19 is pleased to announce we are continuing our tradition of offering scholarship funding to St. Demetrios college bound students. Graduating high school seniors who will be attending college in the 2018/2019 calendar year and returning undergraduate college students are encouraged to apply. Applications from students are requested by 30 April 2018 for award in May. Please contact Chris Xydas ([chrisxydas@yahoo.com](mailto:chrisxydas@yahoo.com)), George Vardakis

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(gvardakis1@att.net) or any AHEPA member for scholarship application information.

### ***ACU vs TCU Baseball***

AHEPA invites the men of St. Demetrios to a night of fun and fellowship at the upcoming Abilene Christian vs TCU baseball game on Tuesday April 17th. Festivities will begin by tailgating at 5:00 with a game start time of 6:30. Please contact Stathis Michaelides (e.michaelides@tcu.edu) for additional information.

### ***GLENDI***

GLENDI is coming! AHEPA will be hosting a Glendi in the coming months at St. Demetrios. All St. Demetrios parishoners, friends, and family are invited to attend. Watch for more information in upcoming weekly bulletins and the April edition of St. Demetrios Orator.

### ***Welcome New Members to Chapter #19***

A hearty welcome to our newest AHEPA brothers Ash Azer, Jim Cudd, Ron Kirk, and Michael Zanetakis. Also, welcome back to Humberto Martinez.

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## **STEWARDSHIP**

### **Thank you for pledging 2018 Stewardship**

Paul & Melissa Adamopoulos	Chris & Brenda Georgopoulos	Terry Kouris
Gregory Asikis	Dorothy & Ken Greene	Nick & Cindy Kypreos
Ash & Hanan Azer	Randi Grimes	Stathios Michaelides
Clifton & Marina Beasley	Fr. Nicholas & Presvytera	Bill & Artemis Moon
Evans Caglage	Shyla Hadzellis	Constance Nixon
Irene Cline	Luis & Evagelia Hernandez	Gerasimos Pagoulatos
Deborah Connor	Phil & Leeann Hieger	Tasos Panagopoulos
Jenna Copeland	Derek & Maria Johnson	Tom & Anna Panagopoulos
James & Dimitra Cudd	George & Sonya Kallinikos	Dean & Christine Panagopoulos
Peter & Joanie Doas	Costa & Marina Katzianis	Deborah & James Pendleton
Chris & Carrie Douvry	Lisa Kelly	Tommy & Evangeline Peters
George & Liana Drymiotes	Christopher & Marrlen Kime	Charles & Elaine Reidl
Gus Galanis	Mark & Shelia Kime	John & Kaity Sempeles
Mary Galanis	Mary Kime	Slade & Amanda Sexton
Christos & Christina Garefos	Ronald & Helen Kirk	Elias & Samia Shiber
Ken & Maggie George	Georgia Kloris	Bessie Sparto

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Dino & Georgia Sparto  
Angelo Spelios  
Brenda Stearns  
Timothy & Jamie Strong  
Dianne Thodos

Yvonne Travis  
Ernie & Mary Valamides  
George & Janice Vardakis  
Gloria Vardakis  
Ali Winters

Antony Xenios  
Christos & Catherine Xydias  
Tigist Yemenu  
Michael Zanetakis

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★HAPPY★  
BIRTHDAY!

\*\*\*If you or a loved ones name is not on this list, please contact the office at [admin@stdemetrios.net](mailto:admin@stdemetrios.net) and we will promptly add your name to our system. Names are not left off the list intentionally. Please bear with us as we get everyone added.\*\*\*


































## MARCH

First Name	Last Name	Day of Birth
Bessie	Sparto	1
Yvonne	Travis	1
Dimitrios	Kakomanolis	3
Danae	Wardrup	5
Sheila	Kime	8
John	Alexandrides	11
Victoria	Valamides	11
Nicholas	Noble	12
Christopher	Drymiotes	13
George	Drymiotes	13
Peter	Doas	14
Lisa	Kelly	14
Nicholas	Hadzellis	22
Alex	Panagopoulos	22
Nicholas	Tsumpis	23
Jamileh	Shiber	24
Peter	Katzianis	25
Morfoula	Mouzakis	25
Adalay	Sexton	28
Maria	Markos	29
Anna	Panagopoulos	31



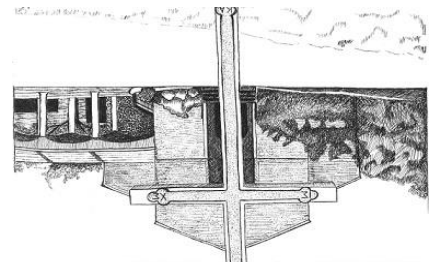
# MARCH

# 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Fasting Guidelines:  Allowed	 Strict Fast			 1 9am Meals on Wheels	 2 9am Meals on Wheels 6pm Akathist	 3
 4 <b>8am Orthros</b> <b>9am Divine Liturgy</b> 1030am Sunday School 11:30am Philoptochos 6pm Pan-Orthodox	 5 9am Meals on Wheels 6pm Great Compline 7pm Journey to Fullness	 6 9am Meals on Wheels 6:30pm Parish Council	 7 9am Meals on Wheels 5:30pm Presvyterian Night Shelter 6pm Liturgy of Presanctified Gifts	 8 9am Meals on Wheels	 9 9am Meals on Wheels 6pm Akathist	 10
 11 <b>8am Orthros</b> <b>9am Divine Liturgy</b> 1030am Sunday School 11:30 GOYA Mtg. 6pm Pan-Orthodox	 12 9am Meals on Wheels 6pm Great Compline 7pm Journey to Fullness	 13 9am Meals on Wheels 12pm Alpha Omega @ Aladdin's 7pm AHEPA	 14 9am Me6pm Liturgy of Presanctified Gifts als on Wheels	 15 9am Meals on Wheels	 16 9am Meals on Wheels 6pm Akathist	 17
 18 <b>8am Orthros</b> <b>9am Divine Liturgy</b> 1030am Sunday School 11:30am Hope/Joy 12:30pm Cleaning Ministry 6pm Pan-Orthodox HERE	 19 9am Meals on Wheels 6pm Great Compline 7pm Journey to Fullness	 20 9am Meals on Wheels	 21 9am Meals on Wheels 6pm Liturgy of Presanctified Gifts	 22 9am Meals on Wheels	 23 9am Meals on Wheels 6pm Akathist	 24 5pm Great Vespers
 25 <b>8am Orthros</b> <b>9am Divine Liturgy</b> 10:30am Sunday School 4pm Samaritan House	 26 9am Meals on Wheels 6pm Great Compline 7pm Journey to Fullness	 27 9am Meals on Wheels 9am Pascha Baking	 28 9am Meals on Wheels 5:30pm Presvyterian Night Shelter 6pm Liturgy of Presanctified Gifts	 29 9am Meals on Wheels 9am Pascha Baking	 30 9am Meals on Wheels	 31 8am Orthros 9am Lazarus Saturday Palm Cross, Lazaraki and Palm Sunday Decorating

## Sunday Readings for March 2017

4 <sup>th</sup>	Sunday of St. Gregory Palamas	Luke 24:36-53 Hebrews 1:10-14, 2:1-3 Mark 2:1-12
11 <sup>th</sup>	Sunday of Holy Cross	John 20:1-10 Hebrews 4:14-16, 5:1-6 Mark 8:34-38, 9:1
18 <sup>th</sup>	Sunday of St. John Climacus	John 20:11-18 Hebrews 6:13-20 Mark 9:17-31
25 <sup>th</sup>	Annunciation of the Theotokos	Luke 1:39-49, 56 Hebrews 2:11-18 Luke 1:24-38



**Saint Demetrios**  
**Greek Orthodox Church**  
 2020 NW 21<sup>st</sup>, St  
 Fort Worth, Texas 76164  
[www.stdemetrios.net](http://www.stdemetrios.net)