

**March 1, 2020**

## **Forgiveness Sunday**

**The Epistle Reading** is Roman 13:11-14; 14:1-4. The Gospel Reading is Matthew 6:14-21. These Readings may be found on pages 1304 and 1152 in the Holy Bible or on pages 134-135 in the Divine Liturgy Book.

**Today we remember** Cheesefare Sunday, Commemorating the Expulsion of Adam and Eve, the First Created, from Paradise; Eudokia, Righteous martyr; Domnina, Martyr; Marcellus and Antonina, Martyrs; Righteous Agapios and Eudokimos of Athos.

### **The Altar Table Lamp is lit:**

- *In loving memory of* Father Ernest Arambiges from his Presvytera Maria. May his memory be eternal.

### **The Vigil Lamp of the Iconostasion is lit:**

- *In loving memory of* Father Ernest Arambiges from his children, Vivian, Craig, Renee & George. May his memory be eternal.
- *In loving memory of* Father Ernest Arambiges from his grandchildren, Christen, Stacy, Nicolas, Lauren, Miriam and Evangelos. May his memory be eternal.
- *In loving memory of* Father Ernest Arambiges from his great-grandchildren, Joseph, Zoe, Melina & Thomas. May his memory be eternal.
- Christopher & Helen Makres *in honor of* their granddaughter, Eleni Polites, on the occasion of her birthday. May God grant her many blessings.
- Despina Courtalis & Family *in loving memory of* her husband, father & grandfather. Peter Courtalis, who fell asleep in the Lord 11 years ago. May his memory be eternal.
- Despina Courtalis *in loving memory of* parents Theofilios & Antonia. May her their memory be eternal.
- Gianna Libertini *in loving memory of* her Godmother, Kelly Kornias *in honor of* Godparent Sunday. May her memory be eternal.

**40-Day Blessing:** Mr. & Mrs. George Gregorakos will present their 2<sup>nd</sup> child, a son, for the traditional 40-day blessing. Please join me in prayer as we ask God to watch over and protect this family.

**The Altar Bread was prepared by** our Koritsia.

**Coffee Hour:** Please join us in the Hermes Rafailides Center for an elaborate Godparents coffee hour sponsored by the Koritsia.

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**For more information about the events listed in the bulletin, please look for literature on the Narthex Table or call the church office.**

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**Welcome:** If you are visiting Saint Demetrios today, we welcome you and thank you for worshipping with us. We pray that your visit here is uplifting. We invite you to fill out the welcome card that can be found at the pangari (candle stand) and to either return it to a Parish Council member or slip it under the Church Office door.

**Orthodox Studies:** A brand new year is upon us, start yours off right by learning more about your Orthodox Faith!! Join us this **Friday, March 6<sup>th</sup>** at 9:30am in the board room. Please be advised that if Baltimore County Public schools are closed or delayed due to weather we will not meet. For more information contact Kate Cocoros at 410-692-7590.

**Lent begins tomorrow Monday, March 2<sup>nd</sup>.** Please mark your calendars!

**Salutations to the Virgin Mary:** Beginning on **Friday, March 6<sup>th</sup>** we will be singing praises to the Virgin Mary at the *Salutations to the Virgin Mary Service* beginning at 7:00pm in the church. Salutations to the Virgin Mary will continue each Friday until **April 3<sup>rd</sup>**. It is a beautiful service, and all are invited to attend.

**Holy Week Books:** Holy Week Books are available to purchase for \$30.00 each. Please stop by the Church office or see a Parish Council member on Sunday.

**Stewardship News:** Submission of 2020 Stewardship Pledge Cards ~ to date, we have received about 50% of the 2020 Stewardship Pledge Cards. We ask that all pledge cards be submitted by **March 31<sup>st</sup>, 2020**. Pledge cards can be turned in at the Panagari on Sunday's or mailed to the church office. We appreciate your help.

**Church School will not be in session today Sunday, March 1<sup>st</sup> ~ this is Godparents' Sunday at Saint Demetrios.** Classes will resume on **March 8<sup>th</sup>** at regular time.

**St. John Chrysostom Parish Level Oratorical Festival:** Saint John Chrysostom Parish Level Oratorical Festival will be held on **Sunday, March 8<sup>th</sup>**, following the Divine Liturgy, at approximately 12:30pm. There will be **NO** dance practice that day.

**The Orthodox Christian Way:** The first session of the Orthodox Christian Way will take place in our Hermes Rafailides Center on **Tuesday, March 3<sup>rd</sup>, 2020**, *Kevin Goodman will present "A Walk through Holy Week"*. We will begin as usual with a light supper at 6:15pm followed by the presentation at 7:00pm. Registration will take place during coffee hour today.

**A Big Thank You:** We would like to thank Pete & Joanna Forakis for the beautiful chandelier that now graces our Narthex. They donated the installation, repair of the ceiling, all electrical including a motorized winch to raise and lower the chandelier for maintenance. The Ecclesiastical Arts Committee met and unanimously approved the addition of this beautiful chandelier.

**Library News:** Sunday of Forgiveness is the last Sunday for us to prepare ourselves for Great Lent. Lent has two themes: it commemorates Adam's expulsion from Paradise and accentuates our need for forgiveness. Lent is the time when we weep with Adam and Eve before the closed gate of Eden, repenting with them for the sins that have deprived of free communion with God. The second theme for forgiveness is emphasized in the Gospel and in a special ceremony of mutual forgiveness in the evening Vespers. Before we enter the Great Fast we are reminded that there can be no true fast or repentance or reconciliation with God unless we reconcile with one another. I was once told it is not what goes into your mouth when you fast but what comes out of your mouth. As we begin our journey of Lent we must travel not as an isolated individual but as a Orthodox Christian Family. The Library has many books to help you with your Lenten Journey. Please stop by and see what we have to offer. Starting today through **March 29<sup>th</sup>** the Library is holding a Guess How Many Jellybeans are in the Jar Contest. Stop by the Library and guess how many Jellybeans are in the jar and you win a prize. You can guess as many times as you want. Don't have time to visit the Library, no worries we have the Little Library right next to the mailbox. You just take a book and replace it with one or yours. Don't have a book to give, no problem we have many to spare.

**The Book and Knitting Club** will meet on **Tuesday, March 10<sup>th</sup>**, at 9:00am in the Library. The book of choice is *"The Nest"* by Cynthia D'Apris Sweeney. All are welcomed whether you knit, crochet, sew or just want some good conversation.

**Demetrakia Dance Troupe:** The 2020 dance season will begin with practice on **Sunday, March 15<sup>th</sup>**. Dance is free for all parishioners and open to anyone interested, ages 4 and up. If you would like to register, please contact Emily at [ELiadakis@aol.com](mailto:ELiadakis@aol.com). It is important for dancers to be registered prior to the first practice in order to receive all pertinent information from their instructors.

**Dance Costumes of the Past:** If you or any of your family or friends have Demetrakia dance costumes at home, please turn them into a dance teacher or contact Emily to coordinate a pick-up time ([ELiadakis@aol.com](mailto:ELiadakis@aol.com) or 443.838.1248). Any and all pieces, in any condition, from any time period, will be happily accepted, no questions asked. Thank you!

**Vacation Bible School:** Please save the date ~ **June 23<sup>rd</sup> – 26<sup>th</sup> from 9am to 12:00pm.** Children 4 years to 5<sup>th</sup> grade. Volunteers NEEDED! Set-Up **Monday, June 22<sup>nd</sup>.** \$20 per participant. For more information or to volunteer please email [kellymacdonnell@hotmail.com](mailto:kellymacdonnell@hotmail.com)

**Call for Play Producer:** This call is placed in consideration of all Parish members and their talents to ensure the longevity of our long-standing Suburban Players Production. You can be an instrumental partner in bringing the 2021 play to fruition in the producer role. If interested, please contact the church office at 410.661.1090 ext. 202 or [saintdemetriusmd@gmail.com](mailto:saintdemetriusmd@gmail.com).

**Summer Internships available:** Have an intern to refer? Please direct them to apply at [www.boozallen.com/careers](http://www.boozallen.com/careers) using keyword "internship." We have an ongoing hiring process starting now and lasting through the spring. Our internships last from May/June - August and are generally 8-10 weeks in length. If they wish to find out more, please direct them to attend one of our upcoming webinars <http://www.boozallen.com/careers/recruiting-events> and of course socialize them within your network for maximum visibility!

**Greek Independence Day Parade:** Join us for the Maryland Greek Independence Day Parade on **Sunday, March 29<sup>th</sup>, 2020, at 2:00pm** in Baltimore's Historic Greektown. The parade features dance groups in ethnic costumes, children groups, and Orthodox Clergy from the Baltimore-Washington area. The parade route proceeds from Haven Street, up Eastern Avenue, turns right onto Ponca Street and ends two blocks past Saint Nicholas Greek Orthodox Church on Fait Avenue. We encourage all groups who would like to participate in our parade to register on-line at [www.greekparade.com](http://www.greekparade.com). For more information, call the Parade Hotline at 443-267-4735, email us at [info@greekparade.com](mailto:info@greekparade.com).

**Great Vespers for the Sunday of Orthodoxy:** Please join us in prayer on **March 8<sup>th</sup>, 2020** at 5pm. Greek Orthodox Cathedral of Annunciation, 24 West Preston Street, Baltimore, MD. **Bring your icon for the procession. Reception to follow in the Father Constantine Monios Hall.**

**The Hellenic Heritage Museum of Maryland:** Presents *"The Flying Greek"*. Learn the fascinating story of Col. Steve Pisanos who went from immigrant to patriot to WWII Hero. See the film and attend the lecture *"Mettle Behind the Medal"* on **Sunday, March 8<sup>th</sup>, 2020 at 12:30pm** in the Annunciation Orthodox Center. There is a \$20 donation for the lunch and film. For reservations, contact: Maria Letras 410-916-3764 or [marigold1@me.com](mailto:marigold1@me.com).

**Hellenic Heritage Museum of Maryland, Inc. ~ Preserving Greek Culture to Inspire Future Generations:** HHMM initiated a book club in 2019 encouraging both men and women to join as discussion was opened on a variety of Greek and Greek American topics in English related to History, Travel, Fiction and Non-Fiction, Poetry and Culture. Sessions were hosted on the second Sunday of the month at the home of Helen Sarafidis beginning at 3:00pm. The readings and sessions for 2020 are as follows **March 8<sup>th</sup>** ~ "The Hour of the Bell" by Harry Mark Petrakis, **April 12<sup>th</sup>** ~ "Christ Is Restored" by Nikos Kazantzakis and **May 10<sup>th</sup>** ~ "The Greek Drama" by Diana Agelopoulos.

**"Cruizin with the Greeks"** . . . Have you made your summer vacation plans? Join us for a fun filled 7-day cruise ~ Axion's **"Cruizin with the Greeks" on the Carnival Pride** to the Bahamas and Turks & Caicos Islands. Sailing from Baltimore, Maryland on **Sunday, June 21<sup>st</sup> – Sunday, June 28<sup>th</sup>, 2020.** Contact Effie Karabelas at Going Places Travel Agency at 410.284.9200 or [effie@goingplacesinc.com](mailto:effie@goingplacesinc.com).

**REGISTER TODAY** for the 26<sup>th</sup> Annual Nicholas Tsakalos Growing in Faith Retreat which will be held on **Saturday, March 21<sup>st</sup>, 2020.** The topic for the retreat is *"Authentic Christianity: Why young people are leaving the church and how we can inspire them to stay."* For information, contact Jeanne Tsakalos, 410-252-6021 or via email at [Jeannetsakalos@hotmail.com](mailto:Jeannetsakalos@hotmail.com) The cost for the retreat is \$30.00, until **March 9<sup>th</sup>.** Our youth are invited to an evening with Rev. Andrew Stephen Damick and Steven Christoforou on **Friday, March 20<sup>th</sup>, 2020.** A light Lenten Meal and special roundtable discussion to follow. Please encourage the youth of your parish to attend. RSVP to Jeanne. Registration packets can be found on the Narthex table.

**Caregiver Wellness Series: Cognitive Support.** Broadmead Center of Excellence Dementia Care invites you to join us for a Caregiver Wellness Series: Cognitive Support. This series will provide valuable information and support for those caring for a loved one with Alzheimer's disease or recently diagnosed cognitive impairment. Mark your calendar for **April 14<sup>th</sup> (Brain Health & Wellness), June 11<sup>th</sup> (Managing Caregiver Stress) & September 29<sup>th</sup> (Nutritional Strategies for Boosting Brain Health) from 3:30-5:00pm** to be held in the Hermes Rafailides Center. Pick up a flyer from the Narthex Table or contact Stacey Young at [syoung@broadmead.org](mailto:syoung@broadmead.org). RSVP online at <https://caregiverseries.eventbrite.com>

**Life- Line Screening** is coming to Saint Demetrios on **Thursday, April 9<sup>th</sup>, 2020.** Take a step toward staying Healthy & Active ~ do more for your cardiovascular health. Our advanced ultrasound technology looks inside your arteries for signs of plaque buildup. That's why 9 out of 10 cardiovascular doctors support preventive screenings. Pre-registration is required, to register for your appointment please call 1-888-653-6450 or visit [www.lifelinescreening.com/community-partners](http://www.lifelinescreening.com/community-partners). Flyers are available on the Narthex Table.

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## KORITSIA

**GOT SNEAKERS FUNDRAISER: Back by popular demand . . .** Saint Demetrios has partnered with Got Sneakers, a sneaker recycling organization, which will compensate us \$1.00 for every wearable sneaker and 10¢ for every other type of shoe. Please drop off your shoes in the bin marked *"SHOE DONATION"* in the hall by the ladies' room. Contact Simone Volikas at [stintis@hotmail.com](mailto:stintis@hotmail.com) for any further information of details.

**What is a Greek Holiday without a Lamb or Goat on a Spit!!** Well have no fear the Koritsia have found a local farm that will sell you all sorts of fresh meat. They are in Sparks, Maryland and they cut it just the way you wish for it to be prepared. Give them a call anytime. Boshoff Farm will donate 10% of all sales back to our Saint Demetrios Church. You do not need to wait for Easter to get your lamb on a spit, you can do it now!! Talk to Jan about customizing your meat order! You can visit his farm and choose your exact meat!! Contact Jan Boshoff at 443.904.7171 or [jhboshoff@gmail.com](mailto:jhboshoff@gmail.com).

**Scout Bag Fundraiser:** Parishioners will receive a parish wide email in May that will give them a special code to get 10% off any Scout Bag from their website from **May 6<sup>th</sup> - 17<sup>th</sup>, 2020.** Our church will receive a percentage of the profit. Orders must be placed using the special code and during the specified time frame.

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## PRE-SCHOOL NEWS

**Wine & Paint Night:** Join us on **Thursday, March 19<sup>th</sup> at 6:30pm** in the Saint Demetrios Hermes Rafailides Center. **\$40 per person** ~ includes canvas, snacks & wine glass with *unlimited* tastings. The amazing Antonio Valdez will guide you in creating a work of art. Reserve your spot today through PayPal ([sdpaypal2504@yahoo.com](mailto:sdpaypal2504@yahoo.com)). Contact Betty at 410.661.1090 ext. 204 with any questions.

**Saint Demetrios Pre-School Gourmet Brunch** will be held on **Sunday, March 15<sup>th</sup> ~ \$7.00 per person.** Menu includes pancakes, scrambled eggs, potatoes, fruit, juice/coffee. For more information please contact Betty at 410.661.1909 ext. 204. Please join us and help support our Pre-School.

**Family Movie Night, Bake Sale & Dinosaur Exhibit** will be held on **Friday, March 27<sup>th</sup> at 6:30pm** in the Hermes Rafailides Center. Bring your own dinner, drinks will be provided and goodies will be available from our Bake Sale. Don't forget to come in your pajamas. Movie TBD. For more information please contact Betty at 410.661.1090 ext. 204.

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## PHILOPTOCHOS

Our next Board Meeting will be March 2<sup>nd</sup>  
Our next General Meeting will be March 9<sup>th</sup>

**Philoptochos 2020 Membership: Please join us! ~ February, the month of Agape, is the perfect time to consider a stewardship commitment to Philoptochos.** Philoptochos is a group of friendly, hardworking ladies spreading love and joy to those in need of a helping hand, kind words of encouragement and smiles. Membership is open to all stewards of Saint Demetrios, 18 yrs. of age and older. Membership is per calendar year and based on Stewardship donations. When considering your stewardship, please note Philoptochos is a National organization with over 26,000 members in 400 chapters. We are also members of the Metropolis of New Jersey Philoptochos with over 3,600 members and 43 chapters. \$23 of your donations will be applied to your National and your Metropolis membership, while the remainder will be used to support the various local charity projects such as feeding the homeless through Beans & Bread, serving the community at the Ronald McDonald House, and providing student assistance at local schools. Membership accepted January-April: check, cash, PayPal [Philoptochos2504@gmail.com](mailto:Philoptochos2504@gmail.com), or to pay by credit card - see Lisa Jones-Venetos, Treasurer. Membership Forms available at the Narthex Table. Return to Philoptochos Membership - Elaine Sackleh, 410.472.3458 or Mary Triandafilou 410.528.1589.

~ PHILOPTCHOS IS ~ PHILANTHROPY ~ FELLOWSHIP ~ FAITH IN ACTION ~

**My Ladies Luncheon:** Functional Nutrition and Lifestyle Coach Cynthia Damaskos, will be joining us at our annual My Ladies Luncheon on March 22nd to show us a better way. She will speak/teach on being good stewards of our bodies and glorifying God with our lifestyles. She will get into the practicalities of nutrition and disease prevention, while spending some time with goal setting and time management skills. All through the lens of Christ! Luncheon following Divine Liturgy in the Hermès Rafilides Hall. More information will follow in the next few weeks! To reserve your space or for questions email or call Olga Garrish - [ogarrish@gmail.com](mailto:ogarrish@gmail.com) / 410-446-1059.

**GO Red Sunday: March 8<sup>th</sup>**

**SAVE the DATE ~ A Big Fat Greek Bingo Night ~ May 8<sup>th</sup>, 2020.**

## SCHOLARSHIP NEWS

**Scholarships:** Anyone interested in endowing an academic scholarship at Saint Demetrios, please contact Lou Triandafilou 410.528.1589 or [ltrianda28@gmail.com](mailto:ltrianda28@gmail.com) or the Church Office at [410.661.1090](tel:410.661.1090) x202 or [saintdemetriosmd@gmail.com](mailto:saintdemetriosmd@gmail.com).

**PLEASE NOTE:** If you have a 2.5 GPA or higher and wish to apply for a 2020 scholarship, application packets are now available on the table in the Church Narthex. A high school/college transcript, letter of acceptance, letter of good standing, and recommendations for the Parish Priest and two faculty members under whom you have studied must be included. **NO OTHER** letters of recommendation will be accepted.

All applications must be post-marked, or hand delivered to the Church office by **Monday, May 25<sup>th</sup>, 2020.** Scholarship recipients will be determined by **July 1<sup>st</sup>, 2020** and scholarships will be presented after the Divine Liturgy on **Sunday, July 12<sup>th</sup>, 2020.** If you have any questions, please call the Church office, or contact Lou Triandafilou.

## STEWARDSHIP MESSAGE OF THE WEEK

**“TIME ~ TALENT ~ TREASURE”**

In every Liturgy God brings words of eternal life through the Scripture readings and the sermon. Through the Sacrament of Communion, He comes to be born again and again in the shabby stables of our hearts. He is able to continue His forgiving, healing, liberating, transfiguring ministry through the Church.

Are you actively serving God, sharing Him with others? Do you worship regularly? Take a moment to evaluate your life considering these principles. We are called to apply our gifts, training, abilities, education and skills to the tasks that God places before us. If we do this humbly and prayerfully the body of Christ will function to its full potential.

## STEWARDSHIP STATISTICS

	<b>Budget Commitment</b>	<b>Goal ~ Total Operating Budget *</b>	<b>Total Commitments to Date</b>	<b>Collections to Date</b>	<b># of Stewards</b>
<b>2019</b>	\$382,000	\$791,705	\$252,635	\$71,841	283
<b>2020</b>	\$380,000	\$682,704	\$244,565	\$86,879	258

*\*Our goal as Christian Stewards is to fund 100% of the Church operating budget\**

## WEEKLY SCHEDULE

<b>Monday, March 2<sup>nd</sup></b> <i>Lent Begins</i> Pre-School, 8:45am (C) Greek School, 4:30pm (C) Philoptochos Board Mtg., 6:30pm (P) <i>Holy Unction Service, 7:00pm</i>	<b>Thursday, March 5<sup>th</sup></b> Pre-School, 8:45am (C) Adult Choir, 7:00pm (M) Men's Basketball (H/G) <b>Friday, March 6<sup>th</sup></b> Pre-School, 8:45am (C) Orthodox Studies, 9:30am (B) <i>Salutations to the Virgin Mary, 7:00pm</i>	<b>Sunday, March 8<sup>th</sup></b> <i>Sunday of Orthodoxy</i> <b>Orthros, 9:00 am</b> <b>Divine Liturgy, 10:00am</b> <i>Memorial Sunday</i> Church School, 9:55am <i>Parish Oratorical Festival</i> Philoptochos Go Red Sunday No Dance Practice
<b>Tuesday, March 3<sup>rd</sup></b> Pre-School, 8:45am (C) The Way	<b>Saturday, March 7<sup>th</sup></b> <i>Saturday of Souls ~</i> <i>Divine Liturgy, 10:00am</i>	
<b>Wednesday, March 4<sup>th</sup></b> Pre-School, 8:45am (C) Greek School, 4:30pm (C) <i>Pre-Sanctified Liturgy, 6:00pm</i> GOYA Basketball (H/G) Parish Council Executive Mtg., 7:00pm (B)		

## UPCOMING EVENTS

*Holy Unction ~ March 2<sup>nd</sup> at 7:00pm*  
*Pre-Sanctified Liturgy ~ March 4<sup>th</sup> at 6:00pm*  
*1<sup>st</sup> Salutations to the Virgin Mary ~ March 6<sup>th</sup> at 7:00pm*  
*Saturday of Souls ~ March 7<sup>th</sup> at 10:00am*  
*Pre-Sanctified Liturgy ~ March 11<sup>th</sup> at 6:00pm*  
*2<sup>nd</sup> Salutations to the Virgin Mary ~ March 13<sup>th</sup> at 7:00pm*  
*Pre-Sanctified Liturgy ~ March 18<sup>th</sup> at 6:00pm*  
*3<sup>rd</sup> Salutations to the Virgin Mary ~ March 20<sup>th</sup> at 7:00pm*  
*Pre-Sanctified Liturgy ~ March 25<sup>th</sup> at 6:00pm*  
*4<sup>th</sup> Salutations to the Virgin Mary ~ March 27<sup>th</sup> at 7:00pm*