

**MAY 2021**



## **Saint Andrew Family News**

A MONTHLY PUBLICATION OF SAINT ANDREW GREEK ORTHODOX COMMUNITY OF MORRIS COUNTY

Holy and Great Pascha – May 2<sup>nd</sup>

Icon of Saints Constantine and Helen Equal to the Apostles - May 21



Greek Orthodox  
Metropolis of  
New Jersey

# Saint Andrew Family News

A MONTHLY PUBLICATION OF SAINT ANDREW GREEK ORTHODOX COMMUNITY OF MORRIS COUNTY

On Sundays we celebrate

**Orthros @ 8:45 AM & Divine Liturgy @ 10:00 AM**

For other services please check our website or call the office

**OFFICE HOURS**

Mon – Fri 10am-4pm

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**Web site <https://www.standrewgonj.org/>**

**NJ Metropolis Web: [www.njgoarch.org](http://www.njgoarch.org) G.O. Archdioceses Web: [www.goarch.org](http://www.goarch.org)**

Father John Theodosion, *Editor in Chief*

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Pending availability of space and permission from Editor-in-chief, submissions will be in next month's issue.

*Please submit your articles and information on time to  
Vasiliki (Bessie) Petrakos [info@standrewgonj.org](mailto:info@standrewgonj.org)*

*Deadline for the **JUNE 2021 ISSUE** is **May 17***

*Please find magazine issues on our web site <https://www.standrewgonj.org>*

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# DIVINE SERVICES

*Services scheduled below are subject to change. Please consult weekly bulletin/website for updates.*

## MAY

- Sunday 2 HOLY PASCHA – Vespers of Agape @11am**  
**Monday 3** + ST. GEORGE *Commemorated* | +ST. XENIA OF KALAMATA  
Wednesday 5 +ST. IRENE THE GREAT MARTYR +ST. EPHRAIM THE HOLY MARTYR  
Friday 7 +Renewal Friday: THEOTOKOS OF THE LIFE-GIVING SPRING  
Saturday 8 +ST. JOHN THE APOSTLE AND EVANGELIST  
**Sunday 9 Thomas Sunday** | ST. ISAIAH THE PROPHET | *MOTHER'S DAY*  
**Sunday 16 Sunday of the Myrrh-Bearing Women** + THEODORE THE SANCTIFIED / *RELICS\**  
Friday 21 + STS CONSTANTINE & HELEN, EQUAL TO THE APOSTLES  
**Sunday 23 Sunday of the Paralytic** |  
Wednesday 26 MID PENTECOST (*4<sup>th</sup> Wednesday after Pascha*)  
**Sunday 30 Sunday of the Samaritan Woman**

## JUNE 2020

- Sunday 6 SUNDAY OF THE BLIND MAN**  
Thursday 10 Holy Ascension  
Friday 11 Bartholomew the Holy Apostle; Barnabas the Holy Apostle;  
Revelation of the Hymn Axion Estin ..on Mt. Athos by the Archangel Gabriel  
**Sunday 13 FATHERS OF THE FIRST ECUMENICAL COUNCIL**  
Saturday 19 SATURDAY OF SOULS  
*Fr. John visits Cemeteries to pray for our +Loved ones after service*  
**Sunday 20 HOLY PENTECOST - FATHER'S DAY**  
Monday 21 MONDAY OF THE HOLY SPIRIT  
Thursday 24 THE NATIVITY OF ST. JOHN THE BAPTIST  
**Sunday 27 SUNDAY OF ALL SAINTS**  
*FAST OF THE HOLY APOSTLES + BEGINS ON 6/28 ENDS 6/28*  
Tuesday 29 STS. PETER AND PAUL  
Wednesday 30 SYNAXIS OF THE TWELVE APOSTLES

**Sundays:** Orthros @ 8:45AM & Divine Liturgy @10AM  
**Weekdays:** Orthros @ 8AM & Divine Liturgy @9:15AM  
*(We have this saint's Relics at our Saint Andrew Reliquary) \**

# ΙΕΡΕΣ ΑΚΟΛΟΥΘΙΕΣ

Οι Ιερές Ακολουθίες που προγραμματίζονται παρακάτω υπόκεινται σε αλλαγές.

Παρακαλούμε συμβουλευτείτε το εβδομαδιαίο δελτίο / ιστοσελίδα μας για ενημερώσεις και αλλαγές.

## ΜΑΙΟΣ

<b>Κυριακή</b>	<b>2</b>	<b>ΑΓΙΟ ΠΑΣΧΑ -Ο Εσπερινός της Αγάπης ώρα 11πμ</b>
Δευτέρα	3	+ΑΓΙΟΥ ΓΕΩΡΓΙΟΥ (23/3) +ΞΕΝΙΑΣ ΤΗΣ ΘΑΥΜΑΤΟΥΡΓΟΥ
Τετάρτη	5	+ΑΓΙΑΣ ΕΙΡΗΝΗΣ ΜΕΓΑΛΟΜΑΡΤΥΡΟΣ, +ΑΓΙΟΥ ΕΦΡΑΙΜ ΜΕΓΑΛΟΜΑΡΤΥΡΟΣ
Παρασκευή	7	ΖΩΟΔΟΧΟΥ ΠΗΓΗΣ
Σαββάτο	8	ΙΩΑΝΝΟΥ ΤΟΥ ΘΕΟΛΟΓΟΥ, ΑΠΟΣΤΟΛΟΥ
<b>Κυριακή</b>	<b>9</b>	<b>Κυριακή Β' του Θωμά</b>   ΉΣΑΪΑΣ ΠΡΟΦΗΤΗΣ   <i>ΕΟΡΤΗ ΤΗΣ ΜΗΤΕΡΑΣ</i>
<b>Κυριακή</b>	<b>16</b>	<b>Κυριακή Γ' των Μυροφόρων</b> +ΘΕΟΔΩΡΟΣ ὁ ΗΓΙΑΣΜΕΝΟΣ* (ΛΕΙΨΑΝΑ)
Παρασκευή	21	ΚΩΝΣΤΑΝΤΙΝΟΣ ΚΑΙ ἙΛΕΝΗ Ἰσαποστολοι
<b>Κυριακή</b>	<b>23</b>	<b>Κυριακή Δ' του Παραλύτου</b>
Τετάρτη	26	Τῆ ΤΕΤΑΡΤῆ ΤΗΣ ΜΕΣΟΠΕΝΤΗΚΟΣΤΗΣ
<b>Κυριακή</b>	<b>30</b>	<b>Κυριακή Ε' τῆς Σαμαρείτιδος</b>

## ΙΟΥΝΙΟΣ

<b>Κυριακή</b>	<b>6</b>	<b>Κυριακή ΣΤ' του Τυφλού;</b>
Πέμπτη	10	Τῆ Πέμπτῃ τῆς Αναλήψεως
Παρασκευή	11	ΒΑΡΘΟΛΟΜΑΙΟΣ Ἀπόστολος; ΒΑΡΝΑΒΑΣ Ἀπόστολος; ΣΥΝΑΞΙΣ ἐν τῷ ἁΔΕΙΝ ΤΟῦ ὕΜΝΟΥ ἍΞΙΟΝ ἙΣΤΙΝ
<b>Κυριακή</b>	<b>13</b>	<b>Κυριακή Ζ' τῶν 318 Ἁγίων Πατέρων τῆς Α' Οἴκομ. Συνόδου</b>
Σάββατο	19	ΨΥΧΟΣΑΒΒΑΤΟ <i>π. Ιωάννης θα επισκεφτεῖ το Νεκροταφείο στο Ντόβερ μετά την Λειτουργία</i>
<b>Κυριακή</b>	<b>20</b>	<b>ΚΥΡΙΑΚΗ Η' τῆς ΠΕΝΤΗΚΟΣΤῆς</b>   <i>ΕΟΡΤΗ ΤΟΥ ΠΑΤΕΡΑ</i>
Δευτέρα	21	ΤΟΥ ΑΓΙΟΥ ΠΝΕΥΜΑΤΟΣ
Πέμπτη	24	ΓΕΝΕΘΛΙΟΝ ΤΟῦ ΙΩΑΝΝΟΥ ΠΡΟΔΡΟΜΟΥ;
<b>Κυριακή</b>	<b>27</b>	<b>Α' Ματθαίου τῶν Ἁγίων Πάντων</b> <i>ΝΗΣΤΕΙΑ ΤΩΝ ΑΠΟΣΤΟΛΩΝ 28/6-28/6</i>
Τρίτη	29	ἈΠΟΣΤΟΛΟΙ ΠΕΤΡΟΣ ΚΑΙ ΠΑῦΛΟΣ
Τετάρτη	30	ΣΥΝΑΞΙΣ ΤῶΝ ΑΓΙΩΝ ΔΩΔΕΚΑ ΑΠΟΣΤΟΛΩΝ

*Πρόγραμμα Αποφοίτησης Κατηχητικού σχολείου*

**Την Κυριακή – Ὅρθρος 8.45πμ & Θεία Λειτουργία 10πμ**

**Τις καθημερινές – Ὅρθρος 8πμ & Θ.Λ. 9.15πμ**

*(Έχουμε τα Λείψανα του Αγίου στην Λειψανοθήκη της εκκλησία μας)\**

# Each Day is the Morning of Pascha

*By Fr. John Theodosion*

Christ is Risen! When we think about the resurrection of Christ, we think about our Lord in all of His glory rising from the grave on a Sunday morning. We think about his power over death. We also think about how He said, "I am the way the truth and the life." Our Lord is so magnificent in all His works, in wisdom He has made everything. When I think about the beauty and the wonder of our Lord I think about all of His miracles and healings, and life changing teachings.



One such miracle is the raising of Jairus' daughter. On a busy day, with a crowd of people on all sides, a man named Jairus, who was a ruler of the synagogue, fell down at Jesus' feet and begged Him to come to his house, for he had an only daughter about twelve years of age, and she was dying. Before Jesus could answer Jairus with the people all pushing around, a woman, who had a flow of blood for years, reached out and touched the hem of His garment. Power went away from Christ and healed the woman. Christ stopped everything to find out who touched him. When the woman realized that He knew about her healing she fell at His feet and revealed to all that it was to her that the healing had taken place. And He said to her, "Daughter, be of good cheer; your faith has made you well. Go in peace." Just then, a servant from Jairus' house said to him, your daughter is dead do not trouble the teacher anymore. But when Jesus heard *it*, He answered him, saying, "Do not be afraid; only believe, and she will be made well."

When Jesus got to the house He took Peter, James and John and the girl's parents into the room where the girl was lying and he took her by the hand and said, "Little girl, arise." And then her spirit returned and she arose!

The people who had once mocked Jesus for saying that she would be alright must have marveled and praised God. Their faith was in a coma, (a death like sleep), but it's as if He were speaking to all of them when He spoke to the little girl commanding her to rise up. It's as if He were commanding their faith to rise up

and become a living and thriving faith. The truth is that He is indeed speaking to all of us when commands a dormant and weak faith in each one of us to rise up.

Our faith should rise up in each of us as the myrrh bearing women, who arose early on a Sunday morning on the third day after their master and Lord had been crucified. They rose up and went to the tomb to properly anoint their Lord, and to their astonishment they found the stone rolled away and an empty tomb. They began to weep and search, wondering what has happened to the Lord. Then Mary Magdaline spoke to someone whom she believed was the gardener. And only as Christ called her name did she turn and recognize that was Him. Then she cried out "Rabboni Master." Everything began to make sense and she and the other myrrh bearing women understood and believed in the resurrection of Christ.

Each Sunday in the Orthodox Church is a celebration of the Resurrection of Christ, but we should treat each day as an opportunity to

remember and celebrate the resurrection of our Lord. One author wrote concerning the Resurrection, *“Thou too, Thou didst arise. Thou didst leave the sleep of death. Thou didst arise, living and glorious. And the glory of thy resurrection rests over each of our mornings... Lord, let no new day come to illumine my life without my thought going out to thy Resurrection, and without my going out, in spirit, with my poor spices, to the empty tomb in the Garden.*

*For it is the Risen Christ who comes to me each day at dawn. Whatever difficulties there may be, whatever dangers, each of my days will start radiantly if I remember- with my whole soul and all my thought- that my Savior has conquered the powers of evil and death. My first act of faith, each morning, will be an act of faith in Thy final victory,”*

*(In Thy Presence, by Fr. Lev Gillet, page141, 1977, SVS Press).* Each day should for us be another victory of faith added to the many victories that won throughout His time here on earth; like the raising of Jairus’ daughter. Our faith should reawaken as the myrrh bearing women arose early in the morning and as Jairus’ little daughter came back to life. Christ arose early morning on Pascha so that one day we would resurrect also.

Friends in Christ I pray that the experience of our Lord’s Resurrection will be for all of us a life changing event which transforms each day of our life into a celebration of the risen Lord, and a daily reawakening of our faith in God. O Lord, we pray that you raise our faith as you have raised the Jairus’ little daughter and help us to change our life and grow as you helped Mary Magdaline. Amen.

**“Each Day is the Morning of Pascha”**  
**“I am the way the truth and the life.”**

**Κάθε Μέρα είναι το Πρωινό του Πάσχα**

**«Είμαι ο τρόπος, η αλήθεια και η ζωή.»**

*Υπό π. Ιωάννη Θεοδοσίου*

Ο Χριστός αναστήθηκε! Όταν σκεφτόμαστε την ανάσταση του Χριστού, σκεφτόμαστε τον Κύριο μας μέσα σ’όλη του τη δόξα να εγείρεται από τον τάφο μια Κυριακή πρωί. Σκεφτόμαστε τη δύναμη που έχει πάνω στο θάνατο. Σκεφτόμαστε επίσης πώς Αυτός είπε, «Είμαι ο τρόπος, η αλήθεια και η ζωή.» Ο Κύριος μας είναι τόσο μεγαλοπρεπείς σε όλα Του τα έργα, με σοφία έχει δημιουργήσει τα πάντα. Όταν σκέφτομαι την ομορφιά και το θαύμα του Κυρίου σκέφτομαι όλα Του θαύματα και ιάματα Του, και τις διδασκαλίες που αλλάζουν τη ζωή.

Ένα τέτοιο θαύμα είναι η ανάσταση της κόρης του Ιάρειου. Μια πολυάσχολη μέρα, με πλήθος

κόσμου σε όλες τις πλευρές, ένας άνδρας ονόματι Ιάρειος, ο οποίος ήταν άρχοντας της συναγωγής, έπεσε στα πόδια του Ιησού και Τον παρακάλεσε να έρθει το σπίτι του, γιατί είχε μια μοναχοκόρη περίπου δώδεκα ετών, η οποία πέθαινε. Πριν προλάβει ο Ιησούς να απαντήσει στο Ιάρειο με όλο τον κόσμο να σπρώχνει τριγύρω, μια γυναίκα που είχε χρόνια ροή αίματος, άπλωσε το χέρι και ακούμπησε το στρίφωμα των ρούχων Του. Δύναμη έφυγε από τον Χριστό και γιάτρεψε την γυναίκα. Ο Χριστός σταμάτησε τα πάντα και έψαξε γύρω του να δει ποιός τον ακούμπησε. Όταν η γυναίκα συνειδητοποίησε ότι ο Ιησούς ήξερε ότι τη γιάτρεψε έπεσε στα πόδια του αποκάλυψε σε όλους ότι αυτή ήταν που είχε γιατρευτεί. Και της

είπε ο Ιησούς, «Χαίρε κόρη, η πίστη σου σε έκανε καλά. Πήγαινε εν ειρήνη.» Εκείνη τη στιγμή ένας υπηρέτης από το σπίτι του Ιάριου του είπε, «Η κόρη σου είναι νεκρή, μην απασχολείς άλλο τον δάσκαλο.» Μα όταν το άκουσε ο Ιησούς, του απάντησε λέγοντας, «Μην φοβάσαι, μόνο πίστευε και θα γίνει καλά.» Όταν ο Ιησούς έφτασε στο σπίτι, πήρε τον Πέτρο, James και Ιωάννη, και τους γονείς του κοριτσιού μέσα στο δωμάτιο όπου κοίτονταν και την πήρε από το χέρι και της είπε, «Μικρό κορίτσι, σήκω.» Και τότε το πνεύμα της επέστρεψε και εγείρθηκε!

Οι άνθρωποι που κάποτε κοροΐδισαν το Ιησού που είπε ότι θα γινόταν καλά πρέπει να έμειναν έκπληκτοι και να δόξασαν τον Θεό. Η πίστη τους ήταν σε κώμα, (σε έναν ύπνο σαν θάνατο), αλλά ήταν σαν να μίλησε σε όλους όταν μίλησε στο μικρό κορίτσι και της είπε να σηκωθεί. Ήταν σαν να πρόσταζε την πίστη τους να σηκωθεί και να γίνει μια ζωντανή και ευήμερη πίστη. Πράγματι μιλάει σε όλους μας όταν προστάζει μια κοιμισμένη και αδύναμη πίστη μέσα μας να εγερθεί.

Η πίστη μας πρέπει να εγερθεί μέσα στον καθένα μας, όπως οι γυναίκες με το μύρο, που σηκώθηκαν νωρίς την Κυριακή το πρωί την τρίτη μέρα από τη σταύρωση του Κυρίου. Σηκώθηκαν και πήγαν στον τάφο για να μύρουν με ευπρέπεια τον Κύριο τους, και προς μεγάλη τους έκπληξη βρήκαν την πέτρα παραμερισμένη και τον τάφο κενό. Άρχισαν να κλαίνε και να ψάχνουν, και αναρωτιόντουσαν τι απέγινε ο Κύριος. Τότε η Μαρία Μαγδαλινή μίλησε με κάποιον που πίστευε ότι ήταν ο κηπουρός. Και μόνο όταν ο Χριστός κάλεσε το ονομά της γύρισε και αναγνώρισε ότι ήταν Αυτός. Τότε φώναξε «Rabboni Master.» Τότε όλα άρχισαν να έχουν λογική και αυτή και οι άλλες μυροφόρες κατάλαβαν και πίστεψαν στην ανάσταση του Χριστού.

Κάθε Κυριακή στην Ορθόδοξη Εκκλησία είναι μια γιορτή της Ανάστασης του Χριστού, αλλά πρέπει να εκλαμβάνουμε κάθε μέρα ως μια ευκαιρία για

να θυμόμαστε και να γιορτάζουμε την ανάσταση του Κυρίου μας. Ένα συγγραφέας έγραψε σχετικά με την Ανάσταση, «Και εσύ, εσύ εγέρθηκες. Εσύ άφησες τον ύπνο του θανάτου. Εσύ εγέρθηκες, ζωντανός και δοξασμένος. Και η λαμπρότητα της αναστάσεως σου αναπαύεται σε κάθε μας πρωινό... Κύριε, μην αφήσεις καμία καινούργια μέρα να φωτίσει τη ζωή μου χωρίς πρώτα η σκέψη μου να πηγαίνει στην Ανάσταση σου, και χωρίς να βγαίνω, εν πνεύματι, με τα φτωχά μου θέλητρα, στο κενό τάφο στο Κήπο.

Γιατί είναι ο Εγερμένος Ιησούς που έρχεται κοντά μου κάθε μέρα την αυγή. Όποιες δυσκολίες μπορεί να υπάρξουν, όποιοι κίνδυνοι, κάθε μια από τις μέρες μου θα ξεκινά φωτεινά εάν θυμάμαι – με όλη μου την ψυχή και σκέψη – ότι ο Σωτήρας μου έχει υπερνικήσει τις δυνάμεις του κακού και του θανάτου. Η πρώτη πράξη πίστης μου, κάθε πρωί, θα είναι μια πράξη πίστης στην τελική Σου νίκη.» (In Thy Presence, by Fr. Lev Gillet, σελ. 141, 1977, SVS Press). Κάθε μέρα πρέπει να είναι για εμάς άλλη μια μέρα νίκης για τη πίστη προστηθέμενη στις τόσες άλλες νίκες που κερδίθηκαν όσο καιρό ήταν Αυτός εδώ στη γή, όπως η ανάσταση της κόρης του Ιάριου. Η πίστη μας πρέπει να ξαναξυπνά όπως οι μυροφόρες σηκώθηκαν νωρίς το πρωί και η μικρή κορούλα του Ιάριου ήρθε πάλι στη ζωή. Ο Χριστός σηκώθηκε νωρίς το πρωί το Πάσχα έτσι ώστε μια μέρα και εμείς να αναστηθούμε.

Φίλοι του Χριστού προσεύχομαι ότι η εμπειρία της Ανάστασης του Κυρίου θα είναι για όλους μας ένα γεγονός που αλλάζει τη ζωή, που μετατρέπει κάθε μέρα της ζωής μας σε μια γιορτή για τον ανεστημένο Κύριο, και μια καθημερινή αφύπνιση της πίστης μας στο Θεό. Κύριε, προσευχόμαστε να εγείρεις την πίστη μας όπως ανέγειρες την μικρή κόρη του Ιάριου και να μας βοηθήσεις να αλλάξουμε τη ζωή μας και να ωριμάσουμε όπως βοήθησες την Μαρία Μαγδαλινή. Αμήν.

Μετάφραση υπό  
Αγγελικής Σταυροπούλου Αθήνα, Ελλάς

## **CHRIST IS RISEN / TRULY HE IS RISEN**

**Afrikaans:** Christus het Opgestaan /Waarlik, Hy het Opgestaan

**Aleut:** Khristus Anahgrecum / Alhecum Anahgrecum

**Anglo-Saxon:** Crist aras / Crist sodhlice aras

**Arabic:** Al Messieh Qam / Huhquhn Quam

**Armenian:** Christos harjav I merelotz / Orhniale harutjun Christosi

**Basque:** Cristos Berbistua / Benatan Ber bistua

**Chinese:** Helisituosi fuhuole / Qeshi fuhuole

**Coptic (Egypt):** Pchristos Aftooun / Alethos Aftooun

**Czech:** Kristus Vstal Amrtvych /Opravdi Vstoupil

**Dutch:** Christus is Verrezen / Hij is Waarlijk Verrezen

**Estonian:** Kristus on surnust Ulasteenusnud / Teasti on Ulasteenusnud

**Finnish:** Kristus nousi kulleista / Totisesti nousi

**French:** Christ est Resurrecte / Vraiment, Resurrecte

**Gaelic (Celt):** Taw Creest Ereen / Tw Shay Ereen Guhdyne

**Georgian (Ivero-Pontian):** Kriste aghsdga / Cheshmaritad aghsdga

**German:** Christus is Auferstanden / Wahrhaft auferstanden

**Greek:** Christos Anesti / Alithos Anesti

**Japanese:** Harisutosu Fukkatsu / Jitsu Ni fukkatsu

**Korean:** Kristo Gesso / Buhan ha sho Nay

**Latin:** Christus resurrexit / Vere resurrexit

**Norwegian:** Christus er Oppstanden / Sandeligh Han er Oppstanden

**Romanian:** Hristos a Inviat / Adervarat a Inviat

**Sanskrit:** Kristo'pastitaha / Satvam Upastitaha

**Serbian (modern) / Hristos Vaskrse / Vaistinu Vaskrese**

**Slavonic / Khristons Voskresie / Voistsinu Voskresie**

**Spanish:** Cristo esta resucitado / Verdad, resucitado

**Swedish:** Kristi ar uppstanden / Sannorligen ar

**Syriac:** Meshiha qam / Bashrira qam

**Tosk (Albanian):** Krishti Ungjall / Vertete Ungjall

**Vlakh (Romanian):** Hristos A Inviat / Adivarat A Inviat

**Welsh:** Atgyfododd Crist / Atgyfoddodd in wir

**Zulu:** Ukristu Uvukile / Uvukile Kuphela



## **THE CATECHETICAL PASCHAL HOMILY OF ST. JOHN CHRYSOSTOM**

If there are devout and God loving people here, let them enjoy this beautiful, radiant festival.

If there are prudent servants, enter joyously into the Lord's joy.

Whoever may be spent from fasting, enjoy now your reward. Whoever has toiled from the first hour, receive today your just settlement.

If any came after the third hour, celebrate gratefully.

If any of you arrived after the sixth, have no misgivings, you have lost nothing.

If some have been as late as the ninth, come forward, do not be at a loss.

If any of you have arrived only at the eleventh hour, do not be dismayed for being late.

The Master is gracious: He accepts the last even as the first; He gives rest to those of the eleventh as well as to those who have labored from the first; He is lenient with the last while looking after the first; to the one He gives, to the other He gives freely; He accepts the labors and welcomes the effort; honors the deed, but commends the intent.

So, all of you, enter into the joy of our Lord: first and second, share the bounty. Rich and poor alike, celebrate together. Sober or heedless, honor the day. Those who fasted and those who did not, rejoice today. The table is full, everyone fare sumptuously. The calf is fatted; no one go away hungry. Everyone, savor the banquet of faith; relish the riches of His goodness.

No one need lament poverty, for the kingdom is seen as universal.

No one need grieve over sins; forgiveness has dawned from the tomb.

No one need fear death; the Savior's death has freed us from it. While its captive He stifled it.

He despoiled Hades as He descended into it; it was embittered when it tasted His flesh. Foreseeing this, Isaiah proclaimed: "Hades," he said, "was embittered when he met You below." It was embittered because it was abolished.

It was embittered because it was mocked. It was embittered because it was slain. It was embittered because it was shackled.

It received a body and encountered God. It took earth and came face to face with heaven. It took what it saw and fell by what it could not see.

Death, where is your sting? Hades, where is your victory?

Christ is risen and you are overthrown.

Christ is risen and demons have fallen.

Christ is risen and angels rejoice.

Christ is risen and life rules.

Christ is risen and not one dead remains in the tomb.

For Christ, having risen from the dead, has become the first fruits of those that slept.

To Him be the glory and the dominion, forever. Amen

## **SAINT ANDREW HELLENIC AFTERNOON SCHOOL**

As we approach the last weeks of the Saint Andrew Hellenic Afternoon School program, we reflect on our students and teachers with the support of our PTA and parents making this challenging year a success. The HAS teachers embraced remote learning, teaching, and engaging students in-person and students virtually at home at the same time. We all practiced safe measures and accommodated all situations to support our students in learning the Greek language and culture effectively. I would like to thank our volunteers who made this school year in these unprecedented times helpful and parents by following all procedures for a smooth process. We want to congratulate all our students for cooperating and working hard in learning the Greek language and culture in new ways with our new technology platforms and applications. Our teachers and staff cannot wait to see you all next year. We wish everyone a safe and fun summer!  
*Συγχαρητήρια και καλό καλοκαίρι!*



**HAS 6<sup>th</sup>-GRADE GRADUATION on  
Sunday, June 6th after church.**

*Συγχαρητήρια στα παιδιά μας!*

**TICKETS AVAILABLE HERE**



**RAFFLE**



**2021 MERCEDES-BENZ  
GLC300 W4 SUV – MSRP \$51,615**

**RED METALLIC | ALL-WHEEL DRIVE | REMOTE START  
PARKING ASSISTANT | NAVIGATION**

**TICKETS \$25 EACH | DRAWING SEPTEMBER 26, 2021, 1PM**

To benefit St. Andrew Greek Orthodox Church  
1447 Sussex Turnpike, Randolph, NJ 07869 973.584.0388

Winner need not be present at drawing.

**THANK YOU FOR YOUR SUPPORT!**

IMAGE FOR ADVERTISING PURPOSES ONLY, ACTUAL CAR MAY VARY.

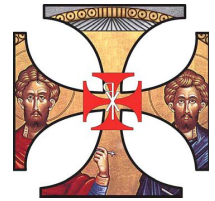


Greek Orthodox  
Metropolis of  
New Jersey

## SAINT ANDREW GREEK ORTHODOX CHURCH

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# PHILOPTOCHOS



### PHILOPTOCHOS MISSION

*To promote charitable, benevolent and philanthropic outreach to preserve the sanctity of life and family and to perpetuate and promote our Orthodox faith and traditions.*

#### The Executive Board

*President*

Mary Michailidis

*1<sup>st</sup> Vice President*

Marina Venizelos

*2<sup>nd</sup> Vice President*

Maria Daniskas

*Treasurer*

Irene Karoly

*Assistant Treasurer*

Jeanie Kalas

*Recording Secretary*

Melissa Dobias

*Corresponding Secretary*

Maro Schuster

#### The Board Members

Antonia Clapsis

Betty Kelly

Salomi Massaras

**Advisor to Board**

Eleni Constantinides

Dear Saint Andrew Community,

It is with great pride I write about the accomplishments of the Saint Andrew Philoptochos since January 2021.

Membership Drive began in January and as of April 16<sup>th</sup> there are 110 current members of which 86 are renewals and 24 are new members. We are thankful to our dedicated members and are blessed with new and enthusiastic ones that already have volunteered in many capacities. Please know you can renew and join at any time this Spring.

In February, the Philoptochos with the GOYANs collected about 900 lbs. of food and \$100 in donations for the Interfaith Food Pantry from our very generous community.

March 27<sup>th</sup> the Philoptochos under the dedicated service of Georgia Haglund, John Paxos, and other members, prepared, packaged and delivered about 80 meals to Faith Kitchen in Dover.

Starting in March we took pre-orders for Tsourekia and Baked Goods. With God's grace, the Agia Skepje monastery was able to provide us with 200 Tsourekia to sell during this Easter/Pascha season. Maria Stamoutsos, her team of women and additional members baked Koulourakia, Kourabiedes, Melomakarona, and Baklava to also sell during this season. The Easter Tsourekia and Bake Sale have been going well so far and we are grateful to those who purchased items.

At our March General Membership meeting we planned to have our annual Rummage Sale in September, so keep this in mind as you Spring clean! Also, we have planned to have our annual Tricky Tray on November 12<sup>th</sup>, so please "Save the Date" for this fun event.

Lastly, the Knitting/Crochet/Pillow Ministry have donated 77 Blankets and 150 Pillows to various organizations near and far. The Philoptochos has also made monetary donations of about \$400 so far and continue to receive monetary donations from community members to help continue our good work.

Wishing you and your families Kali Anastasi,

*Mary H. Michailidis*

Mary H. Michailidis, President, Saint Andrew Philoptochos

**POSTING: We need a volunteer to help maintain the Philoptochos website and to help us create a Social Media presence**

1447 Sussex Turnpike, Randolph, NJ 07869 • Tel: (973) 584-0388 • Fax: (973)584-3573 Web:  
[www.standrewgonj.org](http://www.standrewgonj.org) • E-mail: [info@standrewgonj.org](mailto:info@standrewgonj.org)

## **“STAND ON THE ROCK OF SALVATION”**

*was offered in English. We are happy to be able to include the same article for our Greek readers*

# **ΣΤΑΣΟΥ ΠΑΝΩ ΣΤΟΝ ΒΡΑΧΟ ΤΗΣ ΣΩΤΗΡΙΑΣ**

*Από τον Πατέρα Ιωάννη Θεοδοσίου*

Καθώς είμαστε ένα χρόνο τώρα μέσα στην πανδημία, και ήδη εδώ και εβδομάδες στην Σαρακοστή, θα ήθελα να σας ενθαρρύνω ενώ πλησιάζουμε στην Ανάσταση του Κυρίου. Η αυστηρότητα της νηστείας σε συνδυασμό με τους περιορισμούς της πανδημίας μπορούν να επηρεάσουν πολύ αρνητικά τη διάθεσή μας ή την ψυχολογία μας. Ο λόγος που το αναφέρω είναι γιατί οι περιορισμοί της πανδημίας είναι κουραστικοί και επιπλέον μπορεί να νιώθουμε ότι και η νηστεία της Σαρακοστής μας περιορίζει πολύ.

Όπου και να πάμε τώρα μας υπενθυμίζουν τις μάσκες της πανδημίας και τα σήματα στο πάτωμα να μας λένε πού να σταθούμε, κλπ. Ακόμη και στο σπίτι, όταν ανοίγουμε την τηλεόραση ή διαβάζουμε τις ειδήσεις στο τηλέφωνο ή τους υπολογιστές μας, φαίνεται πως σχεδόν όλα τα θέματα αφορούν την πανδημία και μας υπενθυμίζουν τους περιορισμούς και τον φόβο μας μήπως κολλήσουμε τον ιό και μετά ίσως τον μεταδώσουμε και σε άλλους. Επίσης ανησυχούμε για τους αγαπημένους μας, τους γονείς μας και τα παιδιά μας και τους φίλους μας. Διχαζόμαστε γιατί ενώ ανησυχούμε, ποθούμε να επιστρέψουμε σε μια πιο φυσιολογική ζωή. Η ερώτηση που δεν μπορούμε να απαντήσουμε είναι πώς θα μοιάζει αυτή η φυσιολογική ζωή μετά την πανδημία; Επίσης, ήμασταν πραγματικά ευτυχισμένοι με τον γρήγορο ρυθμό ζωής πριν αρχίσει η πανδημία; Ο εγκλεισμός της πανδημίας συνέβη λίγο μετά την έναρξη της σαρακοστής πέρυσι και όπως τόσοι άνθρωποι προσπαθούσα και εγώ να καταλάβω τί συνέβαινε και πώς να ανταποκριθώ ως άτομο και ως ιερέας της εκκλησίας μας. Η θετική πλευρά της πανδημίας για εμένα ήταν

ότι ενώ πολλές προγραμματισμένες συναντήσεις, συγκεντρώσεις, εορτές και τελετές ακυρώθηκαν, εγώ ένιωσα ότι κατάφερα να επικεντρωθώ σε δύο πράγματα που συνήθως τα αδικούσα στο παρελθόν, την Σαρακοστή και την Οικογένειά μου. Η εμπειρία μου από τη ζωή με έχει διδάξει πως πάντα υπάρχει κάτι καλό ακόμη και σε δύσκολες καταστάσεις. Εμείς πρέπει απλά να το βρούμε. Εγώ βρήκα πως η ευκαιρία να εστιάσω στην πίστη μου και την οικογένειά μου ήταν τα θετικά για εμένα.

Την φετινή σαρακοστή που τα πράγματα αρχίζουν να ανοίγουν λίγο λίγο, ακόμη και αν οι ειδήσεις αναφέρουν ότι μπορεί να έχουμε νέα έκρηξη του ιού, εγώ είμαι αισιόδοξος. Είμαι αισιόδοξος επειδή πάλι εστιάζω στη θετική πλευρά. Ενώ τα γράφω αυτά, ο καιρός ανοίγει, το CDC (Κέντρο Ελέγχου Λοιμώξεων) λέει ότι μπορούμε να κρατάμε απόσταση 3 ποδών, και αν και ο κορωνοϊός δεν έχει φύγει, φαίνεται πως ο αριθμός των κρουσμάτων στις Η.Π.Α πέφτει. Επίσης είμαι αισιόδοξος γιατί καθώς προχωράμε στη σαρακοστή, οι ιδέες που προβάλλει η σαρακοστή, μου επιτρέπουν να έλθω πιο κοντά στον Θεό μέσω της προσευχής, της νηστείας και της ελεημοσύνης.

Η προσήλωση στην πίστη μας κατά τη διάρκεια της σαρακοστής, μας βοηθάει να κρατάμε το μυαλό μας μακριά από τη διαρκή ροή των πληροφοριών που παίρνουμε από τα τηλέφωνα μας και άλλες οθόνες. Καλό είναι να είμαστε ενημερωμένοι αλλά πιστεύω πως το να ασχολούμαστε εμμονικά με το τί συμβαίνει στην Ουάσιγκτον ή με άλλα εθνικά ή διεθνή γεγονότα και προσωπικότητες, για να μην αναφέρω και τα αποκαλούμενα καλλιτεχνικά νέα, τα οποία είναι απλά ηλεκτρονικό κουτσομπολιό

κατά τη γνώμη μου, μας κάνουν να νομίζουμε ότι είμαστε ενημερωμένοι και ότι με κάποιο τρόπο συμμετέχουμε σε ότι συμβαίνει στον κόσμο, όμως κατά τη γνώμη μου, μας αποσπούν από αυτό που είναι στ' αλήθεια σημαντικό. Την πνευματική μας ζωή.

Τα πράγματα της επίγειας ζωής φαίνονται τόσο σημαντικά τόσο αληθινά και τα βλέπουμε μπροστά μας, όμως ο προφήτης Ησαΐας μας λέει στο Κεφάλαιο 51, «<sup>6</sup> Υψώστε τά μάτια σας στους ουρανούς, και κοιτάξτε κάτω στη γη· επειδή, οι ουρανοί θα διαλυθούν σαν καπνός, και η γη θα παλιώσει σαν ιμάτιο, και όσοι κατοικούν σ' αυτή, θα πεθάνουν εξίσου· αλλά, η σωτηρία μου θα είναι στον αιώνα, και η δικαιοσύνη μου δεν θα εκλείψει.

<sup>7</sup> Ακούστε με, εσείς που γνωρίζετε δικαιοσύνη· λαέ, στην καρδιά τού οποίου είναι ο νόμος μου· μη φοβάστε τον ονειδισμό των ανθρώπων, ούτε να ταραξέστε στις ύβρεις τους.

<sup>8</sup> Επειδή, σαν ιμάτιο θα τους καταφάει το σκουλήκι, και σαν μαλλί θα τους καταφάει ο σκόρος· η δικαιοσύνη μου, όμως, θα μένει στον αιώνα, και η σωτηρία μου σε γενεές γενεών.”

Ο Θεός μας υπόσχεται τη σωτηρία Του στο μελλούμενο Βασίλειό Του και μας λέει να μην βάζουμε την πίστη μας σε πράγματα του κόσμου αυτού επειδή όλα φεύγουν και δεν είναι σταθερά. Χρειάζεται να πιστέψουμε στον Χριστό τον ίδιο «τον βράχο της σωτηρίας» (Ψαλμός 18:46). Πρέπει

να είμαστε σαν τον άνθρωπο που έχτισε το σπίτι πάνω σε βράχο. Ο Χριστός είπε επίσης κατά τον Ματθαίο 7:24-27, ««Όποιος ακούει αυτά τα λόγια μου και τα τηρεί, αυτόν τον παρομοιάζω μ' έναν συνετό άνθρωπο, που έχτισε το σπίτι του πάνω στο βράχο. Έτσι, όταν ήρθε η βροχή και πλημμύρισαν τα ποτάμια και φύσηξαν οι άνεμοι και έπεσαν ορμητικά πάνω σ' εκείνο το σπίτι, δεν γκρεμίστηκε, γιατί είχε θεμελιωθεί πάνω στο βράχο

. Κι όποιος ακούει αυτά τα λόγια μου, μα δεν τα τηρεί στην πράξη, μοιάζει μ' έναν άμυαλο άνθρωπο, που έχτισε το σπίτι του πάνω στην άμμο. Έτσι, όταν ήρθε η βροχή και πλημμύρισαν τα ποτάμια και φύσηξαν οι άνεμοι κι έπεσαν πάνω σ' εκείνο το σπίτι, αυτό γκρεμίστηκε· και η πτώση του έγινε με πάταγο μεγάλο».

Φίλοι μου, τώρα που ζούμε σε αυτή την ταραχώδη εποχή, δερνόμαστε από τους ανέμους και τις βροχές και τα κύματα όλων όσων συμβαίνουν στον κόσμο. Η Εκκλησία μας προσφέρει την Σαρακοστή που είναι το καταφύγιό μας από όλες τις δυσκολίες και τα προβλήματα του κόσμου και μας επιτρέπει να στεκόμαστε δυνατοί και να εστιάζουμε στα πράγματα που μας επηρεάζουν αιώνια. Μην αγνοήσετε τη βοήθεια και την υποστήριξη που η εκκλησία μας παρέχει κατά τη διάρκεια της Μεγάλης Σαρακοστής για την ηρεμία του μυαλού μας και ιδιαίτερα για την σωτηρία μας.

*Adaptation by Maria Kiritsis, Athens GR*

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## DAUGHTERS OF PENELOPE NEWS

We are ending our year with some outdoors activities!

Wednesday, May 26th at 6 pm- **End of year Dinner and Elections**  
at Bruno's Italian Bistro on Rt 10 West in Morris Plains. (\$45 all inclusive)

Sunday, June 6th - **Brunch and Family Mini Golf Tournament.**

Brunch at First Watch at 12:15 pm Rt 10 Morris Plains and  
mini golf at Mt. Freedom Mini Golf on Sussex Turnpike, Randolph at 2:00 pm.

Please RSVP for Dinner Meeting by May 21 and for Brunch and Mini Golf by June 1<sup>st</sup>  
to Eleni Boyadjis - Call or Text (609)304-3714

**SAINT ANDREW GREEK ORTHODOX CHURCH  
1447 SUSSEX TURNPIKE RANDOLPH NJ  
973-584-0388**



# **GYRO & SOUVLAKI TAKE OUT**

**June 12 & 13  
Sat 12-6pm  
Sun 12-5pm**



**order & take out**

***You will enjoy our delicious***

**Gyro sandwich, Souvlaki sandwich, Souvlaki on a stick,  
Greek fries, Greek pastries and more...**

***And we will do it again on  
Sept 18 & 19***

***If you are not able to attend services***

*We invite you participate in the celebration of the Divine Services through live streaming services that are available [From the Church's Facebook Page](#)*

If you do not have FACEBOOK, click on this link [Home Page](#) of St. Andrew Greek Orthodox Church ([standrewgonj.org](http://standrewgonj.org)) and choose [LIVESTREAM](#) on the menu bar.

**Light a Virtual Candle**

We know we cannot physically be at church, but if you are following the live video stream of the services and would like to continue to light a candle as you "enter" the church or would like to "drop some money in the basket" please consider a donation by lighting a "virtual candle"

Just go to the church's [Facebook page](#) and select "posts". You can light your virtual candle via the Facebook donate button which you should be able to see.

If you don't have Facebook or prefer not to donate through Facebook, you can always go to the [Saint Andrew Website](https://www.standrewgonj.org/) <https://www.standrewgonj.org/> and **choose** PayPal / ONLINE WeShare



Father John will pray for the living and the reposed during Liturgy.

Just email him at [prayersstandrew@gmail.com](mailto:prayersstandrew@gmail.com)

PLEASE indicate Living or Reposed

**Donations**

by mail to: Saint Andrew, 1447 Sussex Turnpike, Randolph, NJ 07869 or you can call us and give us your credit card information over the phone 973-584-0388



## Equal of the Apostles and Emperor Constantine with his Mother Helen

*Commemorated on May 21<sup>st</sup>*

The Church calls Saint Constantine (306-337) “the Equal of the Apostles,” and historians call him “the Great.” He was the son of the Caesar Constantius Chlorus (305-306), who governed the lands of Gaul and Britain. His mother was Saint Helen, a Christian of humble birth.

At this time the immense Roman Empire was divided into Western and Eastern halves, governed by two independent emperors and their corulers called “Caesars.” Constantius Chlorus was Caesar in the Western Roman Empire. Saint Constantine was born in 274, possibly at Nish in Serbia. In 294, Constantius divorced Helen in order to further his political ambition by marrying a woman of noble rank. After he became emperor, Constantine showed his mother great honor and respect, granting her the imperial title “Augusta.”

Constantine, the future ruler of all the whole Roman Empire, was raised to respect Christianity. His father did not persecute Christians in the lands he governed. This was at a time when Christians were persecuted throughout the Roman Empire by the emperors Diocletian (284-305) and his corulers Maximian Galerius (305-311) in the East, and the emperor Maximian Hercules (284-305) in the West.

After the death of Constantius Chlorus in 306, Constantine was acclaimed by the army at York as emperor of Gaul and Britain. The first act of the new emperor was to grant the freedom to practice Christianity in the lands subject to him. The pagan Maximian Galerius in the East and the fierce tyrant Maxentius in the West hated Constantine and they plotted to overthrow and kill him, but Constantine bested them in a series of battles, defeating his opponents with the help of God. He prayed to God to give him a sign which would inspire his army to fight valiantly, and the Lord showed him a radiant



Sign of the Cross in the heavens with the inscription “In this Sign, conquer.”

After Constantine became the sole ruler of the Western Roman Empire, he issued the Edict of Milan in 313 which guaranteed religious tolerance for Christians. Saint Helen, who was a Christian, may have influenced him in this decision. In 323, when he became the sole ruler of the entire Roman Empire, he extended the provisions of the Edict of Milan to the Eastern half of the Empire. After three hundred years of persecution, Christians could finally practice their faith without fear.

Renouncing paganism, the Emperor did not let his capital remain in ancient Rome, the former center of the pagan realm. He transferred his capital to the East, to the city of Byzantium, which was renamed Constantinople, the city of Constantine (May 11). Constantine was deeply convinced that only Christianity could unify the immense Roman Empire with its diverse peoples. He supported the Church in

every way. He recalled Christian confessors from banishment, he built churches, and he showed concern for the clergy.

The emperor deeply revered the victory-bearing Sign of the Cross of the Lord, and also wanted to find the actual Cross upon which our Lord Jesus Christ was crucified. For this purpose, he sent his own mother, the holy Empress Helen, to Jerusalem, granting her both power and money. Patriarch Macarius of Jerusalem and Saint Helen began the search, and through the will of God, the Life-Creating Cross was miraculously discovered in 326. (The account of the finding of the Cross of the Lord is found under the Feast of the Exaltation of the Cross, September 14). The Orthodox Church commemorates the Uncovering of the Precious Cross and the Precious Nails by the Holy Empress Helen on March 6.

While in Palestine, the holy empress did much of benefit for the Church. She ordered that all places connected with the earthly life of the Lord and His All-Pure Mother, should be freed of all traces of paganism, and she commanded that churches should be built at these places.

The emperor Constantine ordered a magnificent church in honor of Christ's Resurrection to be built over His tomb. Saint Helen gave the Life-Creating Cross to the Patriarch for safe-keeping and took part of the Cross with her for the emperor. After distributing generous alms at Jerusalem and feeding the needy (at times she even served them herself), the holy Empress Helen returned to Constantinople, where she died in the year 327.

Because of her great services to the Church and her efforts in finding the Life-Creating Cross, the empress Helen is called "the Equal of the Apostles."

The peaceful state of the Christian Church was disturbed by quarrels, dissensions and heresies which had appeared within the Church. Already at the beginning of Saint Constantine's reign the heresies of the Donatists and the Novatians had arisen in the West. They demanded a second baptism for those who lapsed during the persecutions against Christians. These heresies, repudiated by two local Church councils, were finally condemned at the Council of Milan in 316.

Particularly ruinous for the Church was the rise of the Arian heresy in the East, which denied the Divine Nature of the Son of God and taught that Jesus Christ was a mere creature. By order of the emperor, the First Ecumenical Council was convened in the city of Nicea in 325.

318 bishops attended this Council. Among its participants were confessor-bishops from the period of the persecutions and many other luminaries of the Church, among whom was Saint Nicholas of Myra in Lycia. (The account about the Council is found under May 29). The emperor was present at the sessions of the Council. The heresy of Arius was condemned, and a Symbol of Faith (Creed) composed, in which was included the term "consubstantial with the Father," at the insistence of the Emperor, confirming the truth of the divinity of Jesus Christ, Who assumed human nature for the redemption of all the human race.

After the Council of Nicea, Saint Constantine continued with his active role in the welfare of the Church. He accepted holy Baptism on his deathbed, having prepared for it all his whole life. Saint Constantine died on the day of Pentecost in the year 337 and was buried in the church of the Holy Apostles, in a crypt he had prepared for himself.

[Equal of the Apostles and Emperor Constantine with his Mother Helen - Orthodox Church in America \(oca.org\)](http://oca.org)

## Κωνσταντίνου και Ελένης: Οι Μεγάλοι Άγιοι της Πίστης μας

**Κωνσταντίνου και Ελένης: Η γιορτή των Αγίων Κωνσταντίνου και Ελένης είναι μια από τις σημαντικότερες μέσα στη χρονιά. Γιατί όμως ένας αυτοκράτορας και η μητέρα του αγιοποιήθηκαν και γιορτάζουν;**

### Μέγας Κωνσταντίνος

Πρόκειται για τον Ρωμαίο Αυτοκράτορα, επί των ημερών του οποίου κατοχυρώθηκε η ανεξιθρησκεία και προωθήθηκε η χριστιανική πίστη η οποία μέχρι τότε ήταν υπό διωγμό. Την εποχή που ο πατέρας του Κωνσταντίνος υπηρετούσε στα Ανάκτορα, ο Κωνσταντίνος βρισκόταν στην αυλή του αυτοκράτορα Διοκλητιανού στη Νικομήδεια, κατέχοντας το αξίωμα του Χιλίαρχου. Όταν όμως οι δύο Αύγουστοι, Διοκλητιανός και Μαξιμιανός παραιτούνται από τα αξιώματά τους, στο αξίωμα του Αυγούστου προάγονται ο Κωνσταντίνος για τη Δύση και ο Γαλέριος για την Ανατολή. Όταν πεθαίνει ο Κωνσταντίνος (306) ο στρατός της δύσης αναγνώρισε ως Αύγουστο τον Κωνσταντίνο.

Ο Κωνσταντίνος, λοιπόν, ανακηρύχθηκε σε Αύγουστο κατόπιν της νίκης του εναντίον του Μαξεντίου. Ο ιστορικός Ευσέβιος, αναφέρει ότι ο Κωνσταντίνος δεν γνώριζε καλά-καλά σε ποιόν ακριβώς Θεό να προσευχηθεί για να αντιμετωπίσει τον Μαξέντιο. Όταν, όμως, άρχισε να αναπέμπει παρακλήσεις, μετά το μεσημέρι φάνηκε στον ουρανό ένα σημείο, ο Σταυρός με την περίφημη επιγραφή «εν τούτῳ νίκα». Έτσι, έχοντας τη βεβαιότητα της θείας συμπαράστασης επιτίθεται εναντίον του Μαξεντίου, τον οποίο και κατατροπώνει.

Μετά τα γεγονότα αυτά και αφού πλέον είναι ο μόνος άρχων της Αυτοκρατορίας, ο Κωνσταντίνος θα πάρει μια απόφαση που έμελλε να αλλάξει την πορεία της ανθρωπότητας: μεταφέρει την πρωτεύουσα της Αυτοκρατορίας από τη Ρώμη σε ένα ψαροχώρι του Βοσπόρου και πάνω στο παλαιό Βυζάντιο οικοδομεί την Κωνσταντινούπολη. Αξιοσημείωτο γεγονός, μεταξύ άλλων, είναι η υπογραφή του διατάγματος των Μεδιολάνων το 313, το οποίο προέβλεπε να σταματήσουν οι διωγμοί και να αποφυλακισθούν οι πιστοί. Το διάταγμα υπογράφηκε με την ευκαιρία του γάμου του Λικινίου με την αδελφή του Κωνσταντία.

Με την επικράτηση του Χριστιανισμού ξεκινούν και οι πρώτες έριδες στο σώμα της Εκκλησίας. Η πρώτη βόμβα που θα ταραξει τα θεμέλιά της είναι ο Άρειος ο



οποίος θα υποστηρίξει τη μια και μόνη φύση του Ιησού Χριστού. Ο Κωνσταντίνος αντιλαμβανόμενος το πρόβλημα που προκαλούσαν οι αιρέσεις στη συνοχή της Αυτοκρατορίας συγκαλεί την Α' Οικουμενική Σύνοδο στη Νίκαια της Βιθυνίας το 325, η οποία και αποφάνθηκε ότι ο Άρειος διδάσκει αιρετικές απόψεις.

Μετά το πέρας των εργασιών της Συνόδου ο ίδιος ο Κωνσταντίνος ανέλαβε την γνωστοποίηση των σχετικών αποφάσεων προς όλη την επικράτεια της Αυτοκρατορίας. Ο Άρειος, όμως, και οι ομόφρονές του παραπλάνησαν τον Κωνσταντίνο ασκώντας την φιλολογική και φιλοσοφική τους τέχνη έπεισαν τον Κωνσταντίνο ότι η διδασκαλία τους δεν αφίσταται από το δόγμα της Οικουμενικής Συνόδου.

Αποτέλεσμα της επέμβασης αυτής του Αρείου ήταν η σύγκληση νέας συνόδου το 327 μ.Χ., η οποία ανακάλεσε τον Άρειο από την εξορία και αποκατέστησε τους ομοφρόνους του Επισκόπους Νικομηδείας Ευσέβιο και Νικαίας Θεόγνιο. Η ενέργεια αυτή προκάλεσε αντιδράσεις από πλευράς Ορθοδόξων, γι' αυτό, τόσο ο Αλεξανδρείας Αλέξανδρος, όσο και ο Μέγας Αθανάσιος δεν συμβιβάστηκαν με τις αποφάσεις της Συνόδου, παρόλο που ο Αυτοκράτορας απειλούσε με καθαίρεση. Ακολούθως, νέα Σύνοδος αιρετικών Επισκόπων, που συνήλθε στην Αντιόχεια το 330, καθαίρεσε και εξόρισε τον ο Άγιο Ευστάθιο, Επίσκοπο Αντιοχείας και στη συνέχεια, το 335, άλλη Σύνοδος, που έγινε στην Τύρο της

Συρίας, επέβαλε την ποινή της καθαιρέσεως στον Μέγα Αθανάσιο, ο οποίος, ως εκ τούτου ζήτησε από τον Κωνσταντίνο να τον ακούσει, αλλά ο Αυτοκράτορας, στην αρχή, δεν αποδέχτηκε την πρόταση του Αθανασίου, παρά μόνο όταν ο μεγάλος αυτός θεολόγος είπε σε αυτόν: «Δικάσει Κύριος ἀνὰ μέσον ἐμοῦ καὶ σοῦ».

Μετά την ακρόαση, και αφού ο Κωνσταντίνος κάλεσε όλους αυτούς που συμμετείχαν στη Σύνοδο της Τύρου, ο Ευσέβιος Νικομηδείας παρουσιάστηκε, με άλλο επιχείρημα ενώπιον του Αυτοκράτορα, αυτή τη φορά, θέτοντας το θέμα της δήθεν παρεμπόδισης της μεταφοράς σιταριού. Ο Αυτοκράτορας εξόρισε, τελικά, τον Μέγα Αθανάσιο στα Τρέβιρα της Γαλλίας, όμως δεν επικύρωσε την απόφαση της Συνόδου εκείνης και παράλληλα δεν προχώρησε σε αναπλήρωση της επισκοπικής έδρας της Αλεξάνδρειας. **Το ζήτημα του Αρείου έλυσε την περίοδο εκείνη η Πρόνοια του Θεού, αφού την παραμονή της πανυγηρικής αναγνώρισης του Αρείου, αυτός απέθανε με φρικτό τρόπο ενώ βρισκόταν στο αποχωρητήριο.**

Παρά το γεγονός ότι ο ίδιος σε όλη του τη ζωή λάτρευε τον θεό Ήλιο, λίγο πριν πεθάνει αποφάσισε να βαπτισθεί χριστιανός. Κατά το μυστήριο είπε και την περίφημη φράση: «Νυν αληθεί λόγω μακάριον οιδ' εμαυτόν, νυν της αθανάτου ζωής πεφάναι άξιον, νυν του θείου μετεληφέναι φωτός πεπίστευκα». Από τότε και μέχρι την ημέρα της κοιμήσεώς του το 337 σε προάστιο της Νικομήδειας δεν ενδύθηκε βασιλικό μανδύα. Ή κοιμήσή του σημειώθηκε εννέα χρόνια μετά την κοιμήση της μητέρας του σε ηλικία 63 ετών και έγινε την ημέρα της εορτής της Πεντηκοστής, όπως αναφέρει ο ιστορικός Ευσέβιος.

### **Η Αγία Ελένη**

Η Αγία Ελένη ήταν η μητέρα του Μεγάλου Κωνσταντίνου. Γεννήθηκε στο Δρέπανο της Βιθυνίας (Γιάλοβα Μ. Ασίας) στα μέσα του 3ου αιώνα μ.Χ. Είκοσι περίπου χρόνια μετά τη γέννησή της, η Ελένη γνωρίστηκε με τον Κωνσταντίνο Χλωρό, αξιωματούχο της Αυτοκρατορίας, τον οποίο παντρεύτηκε το 270, με βάση πρόνοια ειδικού νόμου, ο οποίος επέτρεπε το γάμο αξιωματούχων με γυναίκες λαϊκής καταγωγής. **Ο Κωνσταντίνος ήταν συγγενής του Κλαυδίου, ο οποίος βασίλευσε πριν από τον Διοκλητιανό και προσελήφθει στα ανάκτορα από τον Διοκλητιανό. Καρπός του γάμου της Ελένης και του Κωνσταντίνου ήταν ο Κωνσταντίνος, ο μετέπειτα μονοκράτορας της Ρωμαϊκής Αυτοκρατορίας, τον οποίο η Αγία Ελένη γέννησε στη Ναϊσσό της Μοισίας (Νίσσα Σερβίας).**

Προκειμένου, όμως, ο Κωνσταντίνος να προβιβαστεί από τον Διοκλητιανό σε Καίσαρα Γαλατίας, Ισπανίας και Βρετανίας χώρισε την Αγία Ελένη και παντρεύτηκε την ανιψιά του Μαξιμιανού Θεοδώρα. Τότε, η Αγία Ελένη μαζί με τον Κωνσταντίνο παρέμειναν υπό φρούρηση του Διοκλητιανού και στη συνέχεια του Γαλέριου, για να μπορούν να ελέγχουν τον Κωνσταντίνο. Ωστόσο, η ανάληψη του Καισαρικού αξιώματος από τον Κωνσταντίνο λειτούργησε ευνοϊκά για την Εκκλησία, αφού ακόμη και κατά την περίοδο των διωγμών, που εξαπέλυσε ο Διοκλητιανός, οι πιστοί σε αυτή την περιοχή δεν καταδιώχτηκαν. Επίσης, με την άνοδο του Χλωρού στο αξίωμα αυτό ανοίχθηκε ο δρόμος και για τον γιό του Κωνσταντίνο.

Η Αγία Ελένη επανήλθε στη δημόσια ζωή κατά την ανάδειξη του Κωνσταντίνου σε Καίσαρα το 306, οπότε ο Κωνσταντίνος την έφερε κοντά του στα Τρέβιρα και ακολούθως την πήρε μαζί του στη Ρώμη, όταν επρόκειτο να ανακηρυχθεί σε Αύγουστο. Η Αγία ανακηρύχθηκε σε Αυγούστα από τον Κωνσταντίνο, όταν αυτός παρέμεινε μονοκράτορας νικώντας τον Λικίνιο, ενώ στην πορεία λειτούργησε ως σύμβουλος και συνεργάτιδά του. Αυτή η αγάπη και ο σεβασμός του Κωνσταντίνου προς την μητέρα του φάνηκε και με την ύψωση δύο στηλών στη μεγάλη πλατεία «Φόρος», η μία στο όνομα της Αγίας Ελένης και η άλλη στο όνομά του, και ανάμεσα τους ένας σταυρός, που έφερε την επιγραφή: «Εἰς Ἄγιος, εἰς Κύριος, Ἰησοῦς Χριστός, εἰς δόξαν Θεοῦ πατρός, Ἀμήν». Επίσης, για να την τιμήσει, έκοψε νομίσματα με τ' όνομα και τη μορφή της και μετονόμασε το Δρέπανο σε Ελενόπολη.

Ακόμη, μεταξύ άλλων, παραχώρησε στη μητέρα του το ανάκτορο στο Σεσόριο του Λατερανού, όπου έκτισε μία εκκλησία, ώστε αυτή να μπορεί να επιτελεί φιλανθρωπικό και πνευματικό έργο. Στη συνέχεια, η Αγία Ελένη, με τη συγκατάθεση του Κωνσταντίνου, ανάλαβε η ίδια την ευθύνη της ανοικοδόμησης ναών και το κτίσιμο νέων εκκλησιών και ευαγών ιδρυμάτων σε όλη την επικράτεια της Αυτοκρατορίας. Ο ιστορικός Ευσέβιος αναφέρει σχετικά: «Ελένη Αυγούστα...ευσεβούς τεκμήρια διαθέσεως ίδρυσε».

Πέραν όμως της ζωής και του έργου της Αγίας Ελένης στο πλευρό του γιού της, το πιο σημαντικό γεγονός που σφράγισε την ίδια ήταν η μετάβασή της στους Αγίους Τόπους. Εκεί σύμφωνα με την Παράδοση, κατόπιν θείκου σημείου, βρήκε τον Τίμιο και Ζωοποιό Σταυρό του Κυρίου το 326 μ.Χ. Όταν έφθασε στα Ιεροσόλυμα, λοιπόν, καθ' υπόδειξη του Αγίου Κυριάκου, που ήταν

Εβραίος και τότε λεγόταν Ιούδας, αλλά και με βάση μία παράδοση που έλεγε ότι μετά την Αποκαθήλωση ο Τίμιος Σταυρός πετάχθηκε σε λάκκο, κοντά στον Γολγοθά, άρχισε αμέσως τις σχετικές έρευνες.

Επειδή όμως επρόκειτο για υπέρογκη εργασία, οι έρευνες στράφηκαν στο μέρος εκείνο, όπου βλάστανε το λουλούδι βασιλικός, του οποίου η ευωδία ήταν έντονη. Ο χρονογράφος Γεώργιος μοναχός σημειώνει το γεγονός της ευρέσεως ως εξής: «Μαθών δε ο Επίσκοπος (Μακάριος), τα της Βασιλικής ελεύσεως...πάντας παρακάλεσε ησυχία να κάμουςι και σπουδαιοτέραν ευχήν υπέρ τούτου, στον Θεό προσέφερε... Τούτου δε γενομένου, ευθύς θεόθεν εδείχθη στον Επίσκοπο ο τόπος, όπου ο ακαθάρτου δαίμονος, ο ναός και το άγαλμα της Αφροδίτης υπήρχε. Τότε η βασίλισσα, πλήθος πολύ τεχνιτών και εργατών συγκέντρωσε και εκ βάθρων το αισχρό οικοδόμημα κατέστρεψε. Τούτου δε γενομένου, ανεφάνη το θείον Μνήμα, ο τόπος του κρανίου και τρεις καταχωμένοι σταυροί...Αμηνανία και θλίψη κατέλαβε την Βασίλισσα, αφού κανείς δεν γνώριζε ποιός είναι ο Τίμιος Σταυρός.

Ο δε Επίσκοπος μετά πίστεως έλυσε την απορία...Γυναίκα άρρωστη, υπό πάντων απεγνωσμένη και τα λείψια πνέουσα, έφεραν μεταξύ των σταυρών...Με τη σκιά του Τιμίου Σταυρού η ασθενούσα...ευθέως αναπήδησε, δοξάζουσα μετά μεγάλης φωνής τον Θεό...Η δε Βασίλισσα Ελένη, μετά χαράς μεγάλης παρέλαβε τον Σταυρό...και μέρος αυτού παρέδωσε στον Επίσκοπο της πόλεως» (Γεώργιος Μοναχός, Περί της ευρέσεως του σταυρού, 110.620-621).

Επίσης, ο Άγιος Ιωάννης ο Χρυσόστομος αναφέρει ότι στον Γολγοθά βρέθηκαν τρεις σταυροί, από τους οποίους ο ένας διαγνώστηκε ότι ανήκει στον Ιησού Χριστό. Το Συναξάρι της εορτής της Ύψωσης του Τιμίου Σταυρού αναφέρει: «διαπορούσης δε της Βασιλίσσης (δηλ. της Αγίας Ελένης), τίς αν είη ο του Κυρίου Σταυρός, διά της εις θανούσαν γυναίκα χήραν θαυματουργίας δείκνυται· και ανέστη τη τούτου προσψάσει· των δε λοιπών δύο σταυρών των Ληστών μηδέν εις τούτο ενδειξαμένων εις θαυματοποιΐας υπόδειγμα».

Μετά το σημείο αυτό η Αγία Ελένη αποφάσισε να οικοδομήσει επί τόπου το ναό της Αναστάσεως, ένα ακόμη ναό επάνω από το Σπήλαιο της Γεννήσεως στη Βηθλεέμ και άλλους δύο, ένα στο όρος της Αναλήψεως και ένα στο ορός Θαβώρ.

Κατόπιν, η Αγία Ελένη αναχώρησε για την Κωνσταντινούπολη, μεταφέροντας μαζί της τεμάχια του Τιμίου Ξύλου. Στην πορεία της πέρασε για δεύτερη ορά από την Κύπρο. Έτσι αποβιβάστηκε νότια του νησιού κοντά στο σημερινό Ζύγι. Η περιοχή στην οποία αποβιβάστηκε, υπήρχε ένα ποτάμι, το οποίο τότε ονομάστηκε βασιλοπόταμο, κοντά στο οποίο εναπόθεσε τους σταυρούς – κατά την παράδοση, επειδή οι τρεις σταυροί είχαν παραμείνει μαζί για πολλά χρόνια, τους αποσύνδεσε, έσμιξε τα ξύλα τους και τους ξαναέφτιαξε. Από το ξύλο του υποποδίου του σταυρού του Χριστού έφτιαξε, επίσης, ένα άλλο μικρό σταυρό.

Εκεί, εξαντλημένη καθώς ήταν, η ογδοντάχρονη Αγία, έγειρε για να ξεκουραστεί λίγο, ώστε να μπορέσει να συνεχίσει την πορεία της προς την Κωνσταντινούπολη. Σύμφωνα με την Παράδοση κατά τη διάρκεια του ύπνου της, ένας νέος με αγγελική μορφή της είπε: «Σεβαστή μου βασίλισσα, είμαι απεσταλμένος του Παναγάθου Θεού, για να σου εκφράσω το θέλημά Του. Όπως εκεί στα Ιεροσόλυμα έκτισες ναούς, για να δοξάζεται και να υμνείται ο Θεός, έτσι κι εδώ, σε τούτο το νησί το ευλογημένο, πρέπει να πράξεις το ίδιο. Να κτίσεις κι εδώ ιερό ναό, τον οποίο μάλιστα να θεμελιώσεις με το Τίμιο Ξύλο, για να προσκυνείται και να δοξάζεται στους αιώνες ο Σταυρός του Κυρίου από τους κατοίκους αυτού του τόπου. Εδώ θα ζουν Χριστιανοί μέχρι τη συντέλεια του κόσμου».

Η Αγία όταν ξύπνησε, διέταξε αμέσως να γίνει όπως ο λαμπρός εκείνος νέος της υπέδειξε. Ο ένας όμως από τους μεγάλους σταυρούς είχε εξαφανιστεί και εθεάθη στην κορυφή του βουνού Όλυμπος. Εκεί, λοιπόν, βρέθηκε το Τίμιο Ξύλο, το οποίο προς στιγμή είχε χαθεί. Τότε, η Αγία Ελένη με τους συνεργάτες της έκτισαν ναό τον οποίο εγκαινίασαν με το τίμιο Ξύλο και από τότε (327) το βουνό αυτό ονομάζεται Σταυροβούνι, όπου μέχρι σήμερα υπάρχει η ομώνυμη Ιερά Μονή.

Κατόπιν η Αγία αναχώρησε για την Βασιλεύουσα, όπου ο Κωνσταντίνος υποδέχθηκε τον Τίμιο Σταυρό, τους τέσσερις Ήλους (=καρφιά) και την μητέρα του με κάθε λαμπρότητα. Σημειώνουμε ότι απ'αυτούς τους τέσσερις Ήλους, οι δύο τοποθετήθηκαν στο Στέμμα, το οποίο φορούσε ο βασιλιάς Κωνσταντίνος.

Η Αγία Ελένη κομήθηκε ένα χρόνο αργότερα, σε ηλικία 81 περίπου ετών (328-329) ενώ σήμερα, το μεγαλύτερο μέρος του Τιμίου Ξύλου φυλάγεται στην Ιερά Μονή Ξηροποτάμου στο Άγιο Όρος.



**ROOM FOR AGAPE  
VOICE FOR THE SENIORS  
MAY 2021**



Happy Mother's Day! Without the Theotokos as a willing virgin there would have been no Pascha. And without COVID and keeping indoors only by the grace of God and I here right now.

It is difficult for us to conceive of a moment (with pureness of thought at heart) when we could not connect by high speed to friends. Yet God high speeds His Word to us all the time in our heart and we think nothing about it. We take it all for granted as just "being there." God's way is the silence of pureness and that of motherly love, also creative in the womb above in the expanse of our brain as a field. He plants a seed, and she has the womb of the brain to develop and be nurtured in. Especially by way of a delicate touch for guidance and a sense of security. This is the understanding, supportive and defining, the spatial boundaries. If not there, we drift away not knowing any better. Mother's son, Father's daughter, mother's daughter, father's son, combination for all of us and then we serve in kind. Always with our boundaries intact because the

Mother of God knew how to set a perfect example. First to feel close at heart, supported as a foundational lie (trickery, even in words sometimes becomes a bedeviled workshop.)

Discernment, understanding must be written down right and then revisited with our daily, moment by moment, petitions and prayers. Always present as a gift a life, a lift. God willing, when we all get back together in the Fall there will be a whole new generation of Agape; we have lost so many. We also have had so much to gain because we have discovered the foundational strength of our Holy Church of Saint Andrew. We have so much to be grateful for. This has been a wonderful test because we have all had to learn how to pray and how to trust, and to receive as well as to give.

St. Andrew Greek Orthodox Church Religious Education Department

# Graduating Senior Recognition

Sunday, June 6<sup>th</sup> 2021



Please join us in-person (or virtually) following Liturgy as Father John honors all of our graduating seniors!

## How Can There Be Death in a Resurrectional Reality?

Christos Anesti - Christ IS risen!

Haven't you found yourself saying "Christ HAS risen!"? Even if you did not say it, you would not be alone if you treated Pascha as a historical event. The mystery of Christ's Resurrection as a contemporaneous reality has conveniently become a past event, something that is now done "in remembrance of". It is not hard to see how the event has, in many ways, become symbolic. This is a very serious error of faith! Once we lose the NOW of Jesus it does not take long before we lose the whole sense of who we are in His presence. And isn't this the very foundation of being Orthodox - Christ NOW? Real responses, real actions that bring real substance, are slowly being transformed into symbolic actions. How tragic that how we live Christ is being reduced to symbolic rituals! A disconnect occurs in which living in the world is of primary concern and living the spiritual life is only something you might start worrying about as you approach death. This pandemic has brought us to such a reality! This is never the IS of His Resurrection! Our fear of COVID19 is revealing what matters - following Christ through His cross to His Resurrection or adding a few more years of life to our short, worldly existence. We are in serious times!

COVID19 has caused an awareness of how our absorption into this world of futility, banality, and death has replaced faith with fear. What is most disturbing is that we accept this alternative reality as the true and normal way of life. We have lost the reality of the sacred. many will not participate in the Eucharist. "Being absorbed by the world risks compromising our eternal destiny, turning us away



from God forever" (*The Song of Tears*, Olivier Clement, SVS (2021), page 14-15). Pascha calls each of us into a genuine metanoia, a genuine repentance, signifying the transformation of our entire grasp of reality. This means our current reality, COVID19 in its terrifying presence, in our NOW! It is not trying to behave better or attend Church more frequently while living life as usual dances to a different tune. This metanoia is a sort of repentance that turns the whole person away from the fragmentation and alienation that genuine Sin prevents each of us and wholeness. "We are called to be fulfilled in "likeness"; that is, in participation in the divine life within a relationship of faith and love with the living God. Unless each of us freely assumes this "iconic" condition, this condition of being an icon or image of God, man is not truly human" (ibid page 19-20).

**We must be diligent and watchful.** We must wear our masks, practice social distancing, and receive the vaccine. We must live honestly with a realistic response to this pandemic. It is a dangerous virus and causes serious illness and possible death. But we also need to be alert to the damaging effects this pandemic is having on our spiritual living. Jesus warned us of serving two masters and unless we recognize what centers us daily, we might be serving our fears that have us rooted into this world. Compromising our commitment to Christ by allowing the world to usurp His centrality in how we ought to live as Orthodox Christians is an indication of our worldliness. The message of Pascha is God's promise to us that He is present today, amidst crisis,

where we are called to activate our faith in how we live. NOW!

Pascha dislodges us from those **places in the world that we struggle** to create as a secure reality for our living. It reminds us that such an effort is rooted in our separation from God, our condition of Sin. It is a painful Crucifixion Christ had to endure to insure the Resurrection. When each of us receives the light of Christ signifying His Resurrection, it ought to awaken us to Him Now, not as a past event that makes us Christian. We are also called to our individual crosses. No one gets out of this life alive! This fear COVID19 has created should awaken each one of us to what Pascha promises if we too are willing to go through our crosses to arrive at the Resurrection with Christ.

**Each one of us must honestly decide which master to serve** and who will center our living. The world promises futility, strive, disappointment, loss, failure, sickness, and death. There is also great beauty and joy in the world. I do not know what I can say that will make any of this easier, but I do know that this fear that many of us have allowed to own our living robs us of living. You see, living with faith allows God into being the master of your life. With God, life is eternal as revealed in the Resurrection of Christ. Pascha is never simply an historical event. If it is that for you, then you live with a worldly fear. But if Christ IS risen, there is life. Maybe this pandemic is a wake-up call for all of us to examine who's really in-charge of our lives.

**Yes, CHRISTOS ANESTI, CHRIST IS RISEN!** Now live in His presence. Christ brought Lazarus back from the dead; do you think virus can overcome Him? NOW live in Him!

Herbert Schuster

Mother's Day May 8<sup>th</sup>

### God's Helpers

God could not be in every place  
With loving hands to help erase  
The teardrops from each baby's face,  
And so He thought of mother.  
He could not send us here alone  
And leave us to a fate unknown;  
Without providing for His own,  
The outstretched arms of mother.  
God could not watch us night and day  
And kneel beside our crib to pray,  
Or kiss our little aches away;  
And so He sent us mother.  
And when our childhood days began,  
He simply could not take command.  
That's why He placed our tiny hand  
Securely into mother's.  
The days of youth slipped quickly by,  
Life's sun rose higher in the sky.  
Full grown were we, yet ever nigh  
To love us still, was mother.  
And when life's span of years shall end,  
I know that God will gladly send,  
To welcome home her child again,  
That ever-faithful mother.

-- George W. Wiseman



# PARENTS CORNER

BY Alexandra Protopapas

## May 2021 – Easter, Mother’s Day - Loss of a Loved One

Happy Easter! Preparations for our Greek Orthodox Easter were all under way with our cleaning, and shopping, and cooking for May 2nd – Easter – Pascha. **“Hristos Anesti, Christ is Risen”**.

Many years ago, for us as we prepared for Easter, we also had to deal with the loss of our adult daughter. A few years before that, both my husband and I dealt with the loss of our mothers - all around Easter time. How does one deal with the loss a child or parent just before the holidays? How do parents prepare and celebrate the Resurrection of Christ or any holiday? How do you explain death of a child to siblings and family, a mother, a grandmother to relatives and friends? It is not easy, but with God’s grace, faith, prayer, and patience we accept our circumstances and move on in a way that keeps us going.

First and foremost, prayer is important. Pray for the child you have lost whether an infant, small child, teen or adult, and pray with your other children and family members and friends for the loss of a mother around Easter. Pray with your family especially during Mother’s Day, this year falling on May 9<sup>th</sup>. Pray for all lost around Easter a Resurrection of Jesus Christ should give us strength knowing our loved ones are with Him. Although in the beginning the pain is harsh, prayer gives us strength and growth in what the coming days, weeks, months, and years will bring. Especially for the younger children who may have lost a sister or brother, yiayia or pappou, Thia or Thio, a spouse who has lost a partner to a sudden illness or accident which has taken a child or mother or wife; prayer is the first thing that brings relief and some peace.

Listen to those who have experienced the loss of a child or a mother around Mother’s Day or Easter as I have experienced both. Do not try to explain the

why or tell people you know how they feel. Listen and let those who have lost their loved ones know you hear them. Be there for them, especially children because small children do not know how to react or express feelings. Continue with holiday preparations in a simple way.

With adults or children, give them a hug. Holding a small child especially reassures them that they are safe. The sense of touch is a wonderful way to communicate without words. Read to your child that has lost a sibling, or comfort an adult who lost a spouse, or sibling. Find books that deal with the difficult subject of death and read to them from the Bible as well. Embrace those who have lost a parent, mother, or father. Read about the Crucifixion and Resurrection. Another way children deal with stress is play. It may seem inappropriate to “play” during a time when a child may have lost a parent, sibling or cousin or friend, but finding something to play may bring small children a time to laugh and relax and that is needed. Keep going.

Try not to let children watch too much television after the death of another child, and adults who have lost a parent should avoid television as well. There are too many tragedies in our world at this time so focus on some positive things like reading and praying and just spending quality time with family.

When experiencing the loss of a loved one, seek some help by talking to your parish priest or a counselor. One will never forget the loss of a child or parent or any relative especially during a holiday, but we do get through the pain with our faith and with the reality that we are on this earth to live on, and that life is good and simple and precious, and we cannot always explain everything that happens. We all often experience anger and depression during our time of grief – I know we did.

Bereavement is a process that we got through slowly, but we get through it. The pain slowly shrinks and plans take over. Emotions of loss always will exist with hope for the future and anxiety and despair disappear. All the negative symptoms I described are part of the grieving process and we learn how to go on for our families, our friends, and ourselves.

This year we celebrated our Greek Orthodox Easter with gratefulness, laughter, family time, and prayer because of our faith!

***Christos Anesti ek nekron, thanato thanaton patisas, kai tis en tis mnimasi zoin harisamenos.***

***Christ is risen from the dead, trampling down death by death, and to those in the tombs, granting life.***

This month's **Table Prayer Guide** is from **"Prayers for Special Occasions – Death of a Loved One – Trisagion Service"**

*"Among the spirits of the righteous perfected in faith, give rest, O Savior, to the soul of Your servant (name of lost one). Bestow upon it the blessed life, which is from You, O Loving Lord.*

*Within Your peace, O Lord, where all Your Saints find rest, rest also to the soul of Your servant, for You alone are Immortal.*

*Glory to the Father and to the Son and to the Holy Spirit.*

*You are our God who descended into Hades and loosened the pains of those who were chained. Grant rest also, O Savior, to the soul of Your servant. Now and forever and unto the ages. Amen*

*Most pure and spotless Virgin, who ineffably gave birth to God, intercede with Him for the salvation of the soul of your servant."*

From my family to yours, have a great May, Christos Anesti, Happy Mother's Day to all mothers and grandmothers and stay close to family and friends!

***The message for May 2021 is – especially during this COVID-19 crisis:***

***LOVE GOD AND PRAY!***

**My Table Prayer Guide prayer today is from a Prayer for Special Occasions: Lent**

*Oh Lord and Master of my life, take from me the spirit of laziness, despair, love of power and idle talk. But give rather, the spirit of chastity, humility, patience, and love to Your servant. O Lord and King, grant that I may see my own transgressions and not judge my brother, for blessed are You unto the ages of ages. AMEN*

*"Christ is Risen" - "Christ is risen, from the dead, trampling down death by death, and to those in the tombs granting life."*

*"Christos Anesti" - "Christos Anesti ek nekron thanato, thanaton patisas, ke tis en tis mni-ma-si zo-in cha-ri-sa-me-nos"*

Feel free to e-mail me with your comments and suggestions for our "Parents' Corner" at:

[alexandraproto@gmail.com](mailto:alexandraproto@gmail.com) - Have a good month!

(You can also find me on Facebook under my name Alexandra Alex Protopapas)

**Alexandra Protopapas MEd**

Certified Teacher of the Handicapped & Social Sciences – Retired, but currently at: Educational Services of Morris County (ESC) (currently at Academy of St Elizabeth, Trinity Christian School, Parsippany Schools)

(Information, Teaching, Tutoring, Counseling, Homebound Instruction (973-214-2583)



## Baptism – Βάπτιση

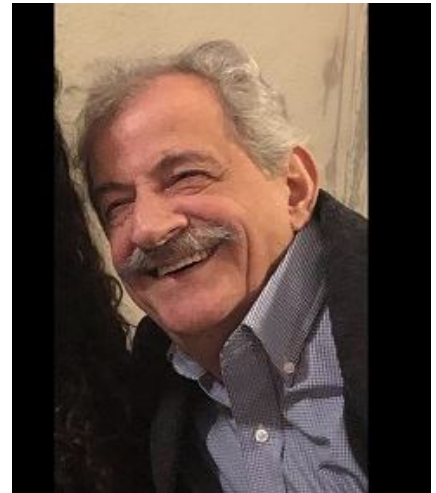
SAMANTHA EUGENIA SEDEREAS, daughter of Steven John Sedereas and Stacey Fischer was Baptized and Chrismated according to the rites of our church on Saturday, March 20<sup>th</sup>, 2021 and given the name **EUGENIA – ΕΥΓΕΝΙΑ**. Godmother was Despina Sedereas.

## Obits & Funerals – Νεκρολογίες και Κηδείες

### Michael (Μηκες) Dontas

Michael G. Dontas, 79, of Mine Hill, New Jersey passed away on Saturday, March 27, 2021 at Morristown Medical Center after battling the effects of COVID-19. He was born on June 3, 1941 in Fyta, Chios, Greece.

He is survived by his wife Maria, sons George and his wife Georgia, Dimitrios and Paraskevi Galitis, Theodore and his wife Athena and his grandchildren Maria and Casey Miller, Angeliki and Vasilis Patrikis, Michael G. Dontas, Michael P. Dontas, Alexandros Dontas, Maria Dontas, Christina Dontas. He is also survived by his siblings Eirini Antoniou, Dimitrios Dontas, Anna Frangeskides, John Dontas, Nick Dontas, their spouses, nieces and nephews.



Although he is not here physically, he will always be on our mind, forever in our hearts, and never forgotten.

**Visitation** at Saint Andrew Greek Orthodox Church, 1447 Sussex Turnpike, Randolph, NJ on Thursday, April 1, 2021, from 10:00am -11:00am followed by the **Funeral Service** for the repose of his soul was at 11:00AM in the church. **Interment** at Locust Hill Cemetery, Dover.

The falling asleep of the Foundation of the Sedereas Family + **Eugenia Sedereas**.

It is with great sadness, that we inform you that Eugenia Sedereas, 68, passed away on April 12, 2021 in Randolph, New Jersey. May her memory be eternal.

On April 4<sup>th</sup>, 1953, Eugenia was born in the small village of Fyta, Chios, Greece, to John and Despina Gatanas. When she was 4 years old, it was decided the family would immigrate to the United States for a better life and greater opportunities. One of her earliest memories was leaving Fyta by donkey with their belongings to begin their journey. When first arriving



in America, they lived in Warren, Ohio, before moving to West New York, New Jersey. Eventually they settled in Astoria, New York, where her father entered the restaurant business and Eugenia attended Bryant High School.

Shortly after her graduation, Eugenia met her one true love, Costa. Their courtship was quick, as they were deeply in love, and married, Thanksgiving Day, 1971. They would eventually settle in Randolph, NJ, where they raised their children, Peter, Katie, and Steven John.

Together Costa and Eugenia operated the Townsquare Diner since 1987. They were a tremendous team, as they were able to balance the work/family dynamic. Eugenia was Costa's rock, and she always supported his decisions. At home, Eugenia and Costa stressed family values, education, and the Orthodox faith.

Eugenia always said, "to love your children, and make sure they know it". She provided selfless, unconditional love to her children, and the freedoms for them to grow into the people that they have become today. She could be heard many times saying how proud of what her children had become.

In January of 2019, Eugenia and her family were dealt a major setback, it was learned she had Stage 4 Colon Cancer. This diagnosis would not stop Eugenia from living her life and doing what she wanted to do. Although she endured several surgeries and procedures, Chemotherapy, and Immunotherapy treatments, as well as some cutting-edge cancer therapies, Eugenia still would have her Family Sunday Dinners, travel to Florida, do her gardening at home and at her beloved St Andrew Greek Orthodox Church.

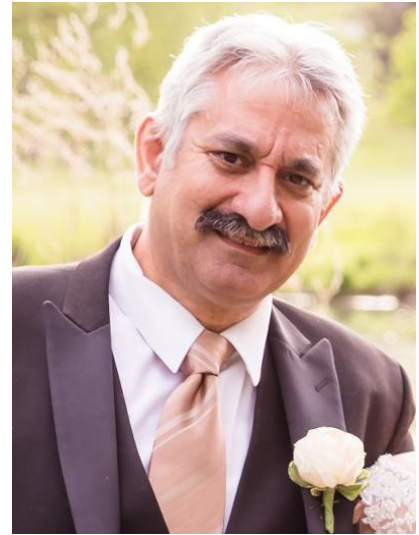
But most impressive is that Eugenia would still go to work every day at the Diner. She would not let cancer slow her down. She endured all with such bravery and was an inspiration to so many. Eugenia proved she was a strong-willed woman.

Eugenia has left behind an enduring and loving legacy, knowing that she has helped those around her to live full and accomplished lives. Eugenia will be missed by all that she has touched, and in her final weeks, she was moved by the love and support of so many family and friends who came from near and far to show their love to her.

Eugenia is survived by her husband Costa, three children, her son Peter and wife Diana, her Daughter Katie and husband George, her son Steven John, and his wife Stacey; grandchildren, Venia, Constantine, Despina, Fotine, John, and Samantha Eugenia; her siblings, Jimmy, Mary, and Sophia; and Eugenia leaves behind a beloved extended family and friends. Eugenia was predeceased by her parents John and Despina Gatanas.

**Wake** was held on Thursday, April 15<sup>th</sup> from 3-7pm at Tuttle's Funeral Home on Route 10, Randolph, NJ ([www.tuttlefh.com](http://www.tuttlefh.com)) The **Funeral Service** for the repose of her soul was on Friday at 11:00 AM also at the Saint Andrew Greek Orthodox church. **Interment** followed at Restland Cemetery, East Hanover and the a repass luncheon at the Hanover Manor.

**Elias (Louis) Kalavrezos** passed away unexpectedly at age 58 at his family home in Boonton, NJ on Tuesday, April 13<sup>th</sup>, 2021. He was born in New York on March 26<sup>th</sup>, 1963. Before the age of two his parents, Antonios and Sofia Kalavrezos, brought him to Kasos Island in Greece where he was raised with his older sister Anna and older brother George. As a teenager, Elias' work ethic was evident. He found any job he could to make money to help his parents. In 1980 when he saved enough money, he returned to the United States where he made a life for himself working in restaurants. He first worked at Tommy's Family restaurant as a dishwasher, where he gained his first experience as a cook. Afterwards he enjoyed working with his brother at George's Coffee shop. He worked at several restaurants across New Jersey until he settled down with his work family for the past 25 years at Park West Diner in Little Falls, NJ.



In, December 1985, Elia met his wife and life partner, Evangelia (Angela) and in December of 1986, they were married. He relocated to Boonton, NJ to live with his wife and her parents, and they started their family in 1988 when they had their first daughter Sofia, then Anna in 1992, and Maria in 1995. Elia was a good provider and hard worker. He worked 60-hour weeks and sometimes 7 days a week just so his wife and daughters would have everything. He dedicated his life to making sure his daughters were immersed in the Greek Culture and would make multiple trips to St. Andrew's Greek Orthodox Church and to the Bronx for events at the Kassiotiko Syllogo. During summers when he was able to take off from work, he would take his family to visit his parents on Kasos Island. He was a hardworking family man who found great joy in the simplest things such as tending to his garden, watching soccer, listening to Greek music, baking bread, cooking for his family, making people laugh and dancing Zembekiko.

Elias is predeceased by his parents, Antonios and Sofia Kalavrezos. He is survived by his wife Angela, his sister Anna (George) Paralís, his brother George (Theodora) Kalavrezos, his daughter Sofia (Brett) Kadrmas, his daughter Anna (Michael) Kambouris and his grandson Elias Kambouris, his daughter Maria Kalavrezos and her fiancé Andreas Diakos, and his nieces and nephews, aunts, uncles, and many cousins.

**A visitation** was held on Sunday, April 18, 2021, 2:00-6:00PM at Tuttle Funeral Home, Randolph. The **Funeral Service** for the repose of his soul was at 10:00 am on Monday, April 19<sup>th</sup>, 2021 at St. Andrew Greek Orthodox Church. **Interment** Locust Hill Cemetery, Dover.

The Funeral Services can be LIVE STREAMED ON THE SAINT ANDREW FACEBOOK PAGE and COVID protocols are followed.

**Donations in memory** of loved ones may be made to Saint Andrew Greek Orthodox Church, 1447 Sussex Turnpike, Randolph, NJ 07869 or on the church Website: <https://www.standrewgonj.org/> and choose PayPal / ONLINE WeShare.

## Donations Received +In Memory of:

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Christ & Joanna Haritos

### +Michael Dontas

John & Kiki Caminis & Family  
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Georgios & Kiriakoula Mavrianos  
Miltiadis Mavrianos  
Constantinos & Panayiota Mavrianos  
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Mr. & Mrs. John Kafantaris  
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Amanda Nolan  
Anastasia Kontolios  
Caitlin Doran  
Angella Giannacopoulos  
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Nicolaos & Kaliopi Nicolaou  
Evangelie Troth  
Eleni & Demetrios Gatanis  
Michael & Angela Gatanis  
James Gatanas  
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George & Barbara Kotsatos & Family  
Tom & Kiki Psarros & Family  
Dennis Cabarle  
Maria, George, Jimmy & Teddy Dontas & Families  
Eleftherios Vouvoudakis & Family  
George & Kelly Liakaris  
Eileen Quinn  
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Dianne Marchese  
Anna Liakaris  
Wharton Police Dept.  
Mr. & Mrs. Nick Avrameas  
Elisa Kethley  
Adrienne Gatanas & Family

### +Konstantinos Trikkas

George Milonas  
Efthimios & Christina Kalavrouziotis

### +Fr. Demetri Tsigas

Emanuel & Anna Patounakis

### +Paraskevi Zoumas

Debra Sedereas

*"For 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's."*

*-Romans 14:8*

# The Caregiver's Workshop



## The Caregiver's Workshop

We are back! The Caregiver's Workshop will be meeting via Zoom rather than in person. We realize that many people have had a difficult time during the Covid crisis, and we have tried to reach out individually to everyone.

We will be hosting our Workshop on the second Tuesday of every month via Zoom for now and look forward to seeing everyone again.

**We will begin on Tuesday, May 11<sup>th</sup> at 6pm.**

Please contact Andi at (484)809-0775 or Catherine at (862)254-0878 to register  
let us know if you would like the link for the meeting.

You **MUST** register in advance so that we can get the link to you and notify our guest speakers.

Thank you.

# THE RESURRECTION

## of Saint Nicholas at Ground Zero

Beloved Brothers and Sisters in Christ,

We are fast approaching Great and Holy Week and the Glorious Resurrection of our Lord Jesus Christ. Our annual commemoration of this last week in His earthly life is filled with pain, with suffering, with remorse, and with unspeakable love and sacrifice. And when this Week of weeks is over, we pass over to the ineffable joy of Pascha.

But what is a week in the liturgical life of the Church has reached almost twenty years when it comes to the Saint Nicholas Greek Orthodox Church and National Shrine. The aftermath of September Eleventh was filled with loss, pain, grief, and too many tears for the surviving families, for their friends and neighbors, for our Nation, and for the world. The Church of Saint Nicholas suffered for many years, as we struggled to find the way forward in order to rebuild. Just as Holy Week was no easy road for the Lord, the last twenty years have not been an easy road for Saint Nicholas. Yet now, after so much sacrifice, we are nearing the resurrection of Saint Nicholas, as a Church, as a Parish, and as our national Shrine.

For us, as Orthodox Christians, there is only answer one answer to suffering and death. And that answer is resurrection. Just as the only answer to hate is love. This is why we have given so much effort to the rebuilding of Saint Nicholas over these last two decades. We are not simply rebuilding the parish that was on Cedar Street, the wonderful little Church that stood its ground decade after decade. When so many pushed the Church to sell its tiny parcel of land and move – even Church authorities. But the faithful stood their ground, never imagining that the Twin Towers, in whose shadow they worshipped, could ever be brought low. Perhaps they knew something then, deep in their souls, about the future of Saint Nicholas. Perhaps they recognized that Saint Nicholas would one day play a much larger role – not only at the World Trade Center, but in our national consciousness.

Indeed, the resurrected Saint Nicholas National Shrine will be a worldwide ministry of our Holy Archdiocese – to all people. We will reach out with the Good News of Christ Jesus and His Glorious Resurrection from this glowing beacon of hope in Liberty Park. We will bring the message of our Orthodox Christian Faith to the Nation and the world in ways we could never have foreseen. But God, in His eternal Providence and good Will has seen fit to bless the Greek Orthodox People of America with this extraordinary opportunity to preach the Gospel.

My brothers and sisters: as you prepare to enter this Holy Week and encounter the Lord Risen from the dead, I ask you to pray with me for the completion of the Saint Nicholas National Shrine, and for the mission that this extraordinary Church will engage. When we behold Saint Nicholas risen from the ashes of 9/11, we will all rejoice in that day which the Lord has made!

With paternal Blessings in Christ and Καλή Ανάσταση,



Archbishop Elpidophoros of America





## Message from the Friends of St. Nicholas



Dear Friends of our National Shrine,

As you will surmise from our Archbishop's message, this is our last Easter before celebrating in our National Shrine. It is an exciting moment as we race toward completion of the exterior, in time for the twentieth anniversary of September Eleventh. There is so much to finish, to plan, and to vision, as we enter the final phases of construction. After two decades, the dream is becoming a reality – one that you can see and touch.

In a way, the resurrection of Saint Nicholas is like the Resurrection of the Lord, who showed his wounds to his disciples after rising from the dead. It was a reality; no dream. And the same is true for Saint Nicholas. The Friends of Saint Nicholas dearly wish that, as the pandemic abates, many of you who are not New Yorkers will have the chance to visit and behold this miracle at Ground Zero. And for those who do live in New York, we invite you to pass by and witness for yourselves the tremendous progress from day to day.

At present, more of the exterior marble cassettes are being installed. These are the features that combine the Pentelic marble – the same marble used to build the Parthenon, with glass, and will give Saint Nicholas the signature glow at night that we have imagined since it was first designed. We are excited that this exterior of the Shrine is on target to be completed by September 11, 2021, and that our Saint Nicholas can play an important part in the observances on the solemn day.

In addition, the new iconographic program is taking shape, blessed by His Eminence Archbishop Elpidophoros and guided by Bishop Joachim of Amissos. Let no one be mistaken, the Saint Nicholas Greek Orthodox Church and National Shrine will be a preeminent Greek Orthodox Church that will give to our greater American society the very image of what our Faith represents. The Shrine will be a fully operational Parish and a national and indeed international ministry that manifests what is best and brightest in our traditions. Whether it is the aesthetic glories of Byzantium, or the pride of our immigrant forebears, or the magnificence of Greek Orthodox theology and culture, Saint Nicholas Shrine will embody all these and more.

Every Greek Orthodox Christian of our Holy Archdiocese will be proud of this achievement, and there is still time to add your name to the thousands who have generously given of themselves to make the Shrine a reality.

Please think to make your gift today and join your fellow Greek Orthodox Christians in bringing about the one of the most significant religious institutions in the history of the United States, one that sits at the epicenter of the inaugural history of the 22st Century.

On behalf of the Friends of Saint Nicholas, we wish everyone a blessed Holy Week and a glorious Easter. Faithfully,

Dennis Mehiel  
Chairman

Michael Psaros  
Vice-Chairman

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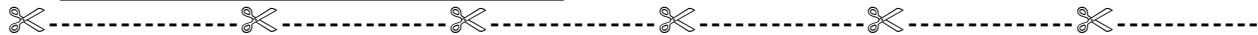


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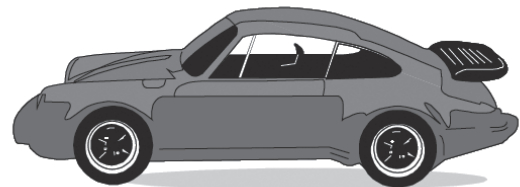
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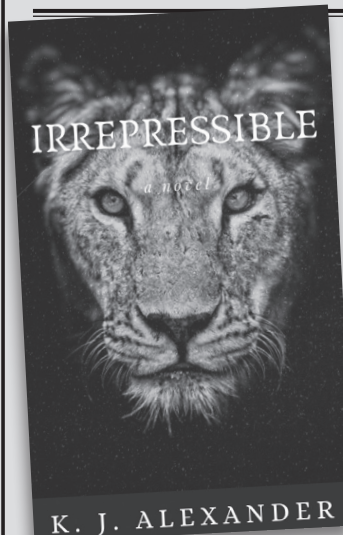


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Rev. John Theodosion [frjohn@standrewgonj.org](mailto:frjohn@standrewgonj.org)

## **OFFICE STAFF**

**Office Manager**, Vasiliki (Bessie) Petrakos [info@standrewgonj.org](mailto:info@standrewgonj.org)

**Financial Administrator**, Cathy Barrett [fin@standrewgonj.org](mailto:fin@standrewgonj.org)

**Parish Ministry Administrator**: Anthony Bosco [tboz266@aol.com](mailto:tboz266@aol.com)

## **STEWARDSHIP**

Ellen Manetas, *Chairperson*

## **RELIGIOUS EDUCATION DIRECTORS**

Harriet Karkanias, Rachel Lopardo, Maro Nicolaou Schuster

## **BYZANTINE CHANTERS/CHOIR**

Panayiotis Fotinis, *Chanter*

Salomi Massaras, *Choir Director*

## **HELLENIC AFTERNOON SCHOOL EDUCATION COMMITTEE**

Fr. John Theodosion, Athena Borzeka, Vasilias Christodoulou, Maria Galvin,

## **HELLENIC AFTERNOON SCHOOL**

Vasilias Christodoulou, *Director*

### *TEACHERS*

Haroula Christodoulou, Vasilias Christodoulou, Effie Kritharis, Yiota Louca,  
Maria Pallis, Stacey Papanikolaw, Eleni Zeris

## **MINISTRIES & ORGANIZATIONS**

**Ladies Philoptochos Society**: Mary Michailidis, *President*

**Coffee Hour** *need facilitator*

**Agape Group**: Maryann Brinkley & Betty Kelly *co-chairs*

**AHEPA**: TJ Borzeka, *President*

**Daughters of Penelope**: Eleni Boyadjis, *President*

**PTA**: Maria Pallis, *President*

**Little Angels Playgroup (LAP)**: Athina Vella

**HOPE & JOY**: Harriet Karkanias, Lynn Axiotes

## **GOYA**

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Peter Sedereas, Marina Venizelos, Polymnia Crysler, Marlina Karipidis,  
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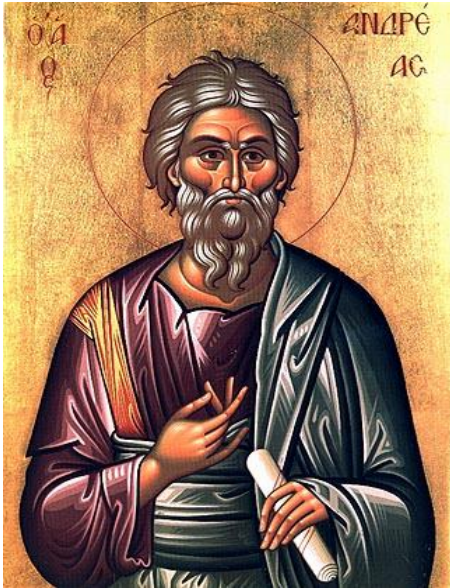
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#### **APOLYTIKION FOR GREAT AND HOLY PASCHA**

*✠ Christ is risen from the dead,  
by death trampling down upon death,  
and to those in the tombs he has granted life*

#### **ΤΡΟΠΑΡΙΟ ΕΟΡΤΗΣ ΠΑΣΧΑ - ΘΡΙΑΜΒΙΚΟΣ ΎΜΝΟΣ**

*✠ Χριστός Ανέστη εκ νεκρών,  
θανάτω θάνατον πατήσας,  
και τοις εν τοις μνήμασι, ζώην χαρισάμενος*

*✠ Hristos anestee ek nekron,  
thanato thanaton pateesas,  
ke tis en tis mneemasee, zoin harisamenos*

#### **HYMN OF THE APOSTLE ST. ANDREW**

As first of the Apostles to receive the call,  
and very brother of the prince of them,  
intercede O Andrew,  
with the Master of all of us,  
peace to all the world to grant,  
and to our souls His great mercy.

#### **ΑΠΟΛΥΤΙΚΙΟ ΤΟΥ ΑΠΟΣΤΟΛΟΥ ΑΝΔΡΕΟΥ**

Ως των Αποστόλων πρωτόκλητος,  
και του κορυφαίου αυτάδελφος,  
τον Δεσπότην των όλων Ανδρέα ικέτευε,  
ειρήνην τη οικουμένη δωρήσασθαι,  
και ταις ψυχαίς ημών το μέγα έλεο

### **The Saint Andrew Vision Statement**

Our Greek Orthodox Community of Morris County is a welcoming place where the family of Saint Andrew is committed to God, Orthodox worship, Christian education, philanthropy, and Hellenic culture, for the benefit of those whose lives we touch.