

Saint George Greek Orthodox Church

Parish Office: 107 Clinton Street, Schenectady, New York 12305

Office Hours: Monday through Thursday, 1 PM - 6 PM

Parish Telephone: (518) 393-0742; **Fax:** (518) 393-4093

Web: www.saintgeorgegoc.com



Rev. Fr. Theodore C. Roupas, Presiding Parish Priest

Camille Kosloski, Parish Secretary

Sunday Services: Orthros: 9:00 AM; Divine Liturgy: 10:00 AM

~ Week Day Liturgies as announced ~

Parish Council Exec. Committee

Rev. Fr. Theodore Roupas

Presiding Parish Priest

Mrs. Athena Pagnotti

President

Mrs. Lucy Brady

Vice-President

Mrs. Alexandra Casey

Co-Treasurer

Mr. Anargyros (Ron) Dikas

Co-Treasurer

Ms. Panagiota Giakoumis

Secretary



Youth Advisors

Mrs. Lucy Goodale

Mrs. Paula Kingra

Angels/Hope/Joy

Mr. & Mrs. George Avramidis

Mr. & Mrs. Scott Morlock

GOYA

Parish Ministry Leaders

Ms. Olga Delorey

Choir Director

Philoptochos Society President

Mrs. Athena Pagnotti

Sunday School Coordinator

Rev. Fr. Theodore Roupas

Bible Study

Spiritual Book Club

Mrs. Eliana Georgelos

Mr. Paul Pagiotas

Fellowship Group

Co-Presidents

Parish Council Members: Lucy Brady, Alexandra Casey, Kyriako Contompasis, Anargyros (Ron) Dikas, Morgan Gazetos, Maria Dostis-Koliatsis, Panagiota Giakoumis, and Athena Pagnotti

Sacraments, Services and Home Visitations

Holy Baptism · Holy Chrismation · Holy Confession

Holy Communion · Holy Unction · Holy Marriage

Please contact Father Theodore Roupas directly at the Parish Office to schedule.

Αγίου Βαλεντίνου



The Historical and Orthodox Saint Valentine

By Dr. Alexandros K. Kyrou (Professor of History at Salem State University)

Source: <https://blogs.goarch.org/blog/-/blogs/the-historical-and-orthodox-saint-valentine>

Now a commercialized holiday celebrating modern Western courtship and romance, the ancient Christian origins of Saint Valentine's Day are largely forgotten. The actual Orthodox liturgical Feast Days of Valentinus (Greek)/Valentinus (Latin) commemorate two Early Christian saints, Saint Valentine the Presbyter of Rome (July 6) and Hieromartyr Valentine the Bishop of Intermna (Terni), Italy (July 30). Although the historical records for these two saints are not complete, and what we do know about their lives has often been subjected to considerable confusion, their martyrdoms are well known to us. Because of their refusal to renounce their faith in Christ, both Valentines were imprisoned, tortured, and executed around 270, during the persecution of Christians under the Roman Emperor, Claudius II.

Because they shared the same name, were contemporaries, resided near each other in central Italy, and ultimately, shared similar fates, the two Valentines' personal histories were intermingled and conflated over the centuries, producing inconsistencies and puzzlement in many accounts of their lives. What most sources indicate, however, is that Bishop Valentine was renowned during his lifetime as a healer of the sick and blind, while Valentine the Presbyter would become notable in the historical memory of Christians, originally both Eastern and Western, as a courageous steward of marriage. Indeed, because of his connection to the sacrament of marriage, it would be the latter Valentine, the Presbyter from Rome, who would serve as the inspiration for the Late Medieval Western literary foundations for what would by the nineteenth century evolve into today's popular, secular Valentine's Day.

According to the most common narrative, Presbyter Valentine, a priest in Rome, drew the ire of Emperor Claudius by ignoring the imperial ban against allowing men who had not fulfilled their military obligations to the Empire to marry. Remaining loyal to his moral commitment and beliefs as a Christian priest, Valentine refused to compromise the sanctity of marriage to the will of the state. In defiance of imperial edict, Valentine continued to unite and bless Christian couples, which were legally barred from marrying. This association with young Christian beloveds became the muse over several centuries for an increasingly fictionalized, romantic expropriation and reconstruction of Saint Valentine in the West, one that has led to the modern Saint Valentine's Day. Indeed, the memory of Saint Valentine became so distorted and uncertain over the centuries, that the Roman Catholic Church ended its commemoration and veneration—traditionally associated with mid-February in the West—of him as a calendar saint in 1969, effectively surrendering the historical Valentine to his appropriation and exploitation by Western popular culture.

As in other matters of reverence and faith, the Orthodox Church's veneration of Saint Valentine remains immutable. Secularization in the West accounts in large part for the Papacy's move to discard the memory of Saint Valentine's martyrdom in the face of commerce and frivolity, but Orthodoxy still honors Saint Valentine, the Presbyter from Rome, for his martyrdom—and as for all its saints, the Orthodox Church honors St. Valentine as a model of the life in Christ.

For Orthodox Christians, Saint Valentine's Day is most fully understood as a celebration of romantic love and of God's love. Indeed, Valentine was willing to sacrifice his life not for Eros but in order to sanctify and make whole the union of young couples through the blessing of God's love. Demonstrating our love for God and reaching our fulfillment in Christ through our relationships with our spouses, families, and communities, is a way of life that is at the heart of Orthodoxy. By living a life in emulation of Christ, Saint Valentine shared this fundamental truth of Orthodox Christianity with the world, one that is more beautiful and lasts longer than flowers and cards—it is eternal.

Liturgical Calendar – St. George Greek Orthodox Ch. (Mar-May 2016)

3/13/16	(Sun.: 9:00 / 10:00 / 5:00 p.m.) Vespers – St. George/Schdy	Orth. / Liturgy / Forgiveness Sunday (Cheesefare)
3/14/16	(Mon.: 5:00 p.m.)	Great Compline Serv.
3/18/16	(Fri.: 6:00 p.m.)	1 st Salutations Serv.
3/19/16	(Sat.: 9:00 / 10:00 / 11:00 a.m.)	Orth. / Liturgy / Memorial (3 rd)
3/20/16	(Sun.: 9:00 / 10:00 a.m.)	Orth. / Liturgy
*3/20/16	(Sun.: 5 p.m.) at St. Sophia Albany	Pan-Orth. Vespers Serv.
3/21/16	(Mon.: 5:00 p.m.)	Great Compline Serv.
3/25/16	(Fri.: 9:00/10:00/ 6:00 p.m.)	Orthros/Liturgy/Vespers (Annunciation)
3/27/16	(Sun.: 9:00 / 10:00 a.m.)	Orth. / Liturgy
*3/27/16	(Sun.: 5 p.m.) at Christ/Savior Ballston Lk.	Pan-Orth. Vespers Serv.
3/28/16	(Mon.: 5:00 p.m.)	Great Compline Serv.
4/01/16	(Fri.: 6:00 p.m.)	3 rd Salutations Serv.
4/03/16	(Sun.: 9:00 / 10:00 a.m.)	Orth. / Liturgy
*4/03/16	(Sun.: 5 p.m.) St. George-So. G. Falls	Pan-Orth. Vespers Serv.
4/04/16	(Mon.: 5:00 p.m.)	Great Compline Serv.
4/08/16	(Fri.: 6:00 p.m.)	4 th Salutations Serv.
4/10/16	(Sun.: 9:00 / 10:00 a.m.)	Orth. / Liturgy
*4/10/16	(Sun.: 5 p.m.) St. George Antiochian Albany,	Pan-Orth. Vespers Serv.
4/11/16	(Mon.: 5:00 p.m.)	Great Compline Serv.
4/15/16	(Fri.: 6:00 p.m.)	Akathist Hymn Serv.
4/17/16	(Sun.: 9:00 / 10:00 a.m.)	Orth. / Liturgy
*4/17/16	(Sun.: 5 p.m.) St. Nicholas Ukranian, Troy	Pan-Orth. Vespers Serv.
4/18/16	(Mon.: 5:00 p.m.)	Great Compline Serv.
4/23/16	(Sat.: 9:00 / 10:00 a.m.)	Orth. / Liturgy ("Lazarus Sat.")
4/24/16	(Sun.: 9:00 / 10:00 / 5:00 p.m.)	Orth. / Liturgy Palm Sun /Bridegrm Serv.
4/25/16	(Holy Mon.: 6:00 p.m.)	Bridegroom Serv.
4/26/16	(Holy Tues.: 6:00 p.m.)	Bridegroom Serv.
4/27/16	(Holy Wed.: 6:00 p.m.)	Holy Unction Serv.
4/28/16	(Holy Thur.: 10:00 / 6:00 p.m.)	Vesp. Lit. / 12-Gospel Read. Serv.
4/29/16	(Holy Fri.: 10:00 / 3:00 / 6:00 p.m.)	Royal Hours / Unnailing / Epitaph.
4/30/16	(Holy Sat.: 10:00 a.m. / 11:00 p.m.)	Vesp. Lit. / Orth.
5/01/16	(Holy Easter/Pascha Sun: 12:00 a.m. / 12:00 p.m.)	Paschal Lit./Agape Vesp.
5/02/16	(Bright Monday: 9:00 / 10:00 a.m.)	Orth./ Liturgy (St. George Feast.)

*Denotes Pan-Orthodox Vespers held at specified locations.

A Program of the St. Andrew's Brotherhood of the Capital District Orthodox Christian Churches



GREAT LENT 2016

Saint Andrew's Capital District
Orthodox Clergy Association

is sponsoring its

Annual Lenten Mission Vespers

Mar. 13	Forgiveness Sunday	5 PM	St. George (Schenectady)
Mar 20	Orthodox Sunday	5 PM	St. Sophia (Albany)
Mar. 27	St. Gregory Palamas	5 PM	Christ the Savior (Ballston)
Apr. 3	Holy Cross Sunday	5 PM	St. George (So. Glens Falls)
Apr. 10	St. John Climacus	5 PM	St. George (Albany)
Apr. 17	St. Mary of Egypt	5 PM	St. Nicholas (Troy)
Apr. 24	Palm Sunday	5 PM	New Skete Monastery(Cambridge)

FELLOWSHIP & REFRESHMENTS

TO FOLLOW THE SERVICES

From the Parish Council

Dear Brothers and Sisters in Christ ~

We are entering into Great Lent; one of the most solemn and beautiful times of our year! We all have very important tasks ahead of us this season. First, for ourselves, the practice of fasting and the sacraments of Holy Confession, Holy Communion and Holy Unction are offered for our redemption. Second, for our community, the act of worshipping together and working together as we prepare for the great celebration ahead ~ the resurrection of our Lord and Savior Jesus Christ.

We are called to join with our Orthodox bretheren in celebrating Sunday evening vespers, spiritual book club, liturgies, salutation services and praying for our deceased parish members and relatives. And we are also called to bring our children to services and to AHJG youth meetings, where Father leads the children in religious instruction and offers the sacrament of Holy Confession. A full schedule of Lenten services are contained herein. Please invite your family members and Koumbaro's to attend services. We all have a Christian obligation to evangelize; non-orthodox relatives, friends and neighbors are invited to attend.

The Council is pleased to announce that Anthology Studio will once again provide the floral design for our Lenten season. On the opposite page is the list of Lenten Ornamentation items for Parishioners who wish to donate. **Lenten item donors, and items donated in memory of a deceased loved one, will be published in next month's bulletin.** Please contact Camille Kosloski in the parish office 393-0742 to reserve your Lenten item today.

Since the celebration of our church's Nameday (St. George ~ April 23rd) falls within Great Lent, we will hold the Nameday dinner/dance during "Bright Week", on Saturday May 7th. The Aegean Duo will perform. This is a family event and children age 10 and under will be admitted for free. A student ticket price will also be offered. Save the date now and look for more details in the April issue of the community bulletin.

The parish is also hosting a community fundraiser during Great Lent ~ The Indoor Yard Sale and Bake Sale will take place on Saturday, April 9th. Parishioners are asked to donate home goods for the sale. Please see flyer within. The Ladies Philoptochos Society has graciously agreed to hold a bake sale for this event with proceeds going to benefit the parish. Thank you Philoptochos Society!

The Annual Palm Sunday Luncheon will take place on April 24th. Volunteers are needed to assist with serving and kitchen duty for the event. Please see any member of the parish council for more information.

Please remember to submit your 2016 pledge form to the parish office by the beginning of Great Lent ~ Monday, March 14th. Your timely submission will aid the council in the administration of the 2016 operating budget. Thank you for your support!

Please check the bulletin board in the Hellenic Center hallway for information regarding Memorial Services and Hall Rentals. Or contact the parish office between the business hours of 1 pm—6 pm, Monday—Thursday.

Greek Festival 2016 planning is underway! The Council and Booth Leaders will meet Tuesday, March 15th at 6:30. For Parent's who are interested in Archdiocese Summer Camp information, please contact me directly to discuss.

With Love in Christ ~

Athena Pagnotti

Kali Sarakosti



2016					
Date	Feast Day	Description	Cost		
Friday, March 18th	1st Salutations	Flower Frame for Icon	\$ 60.00	LENTEN LIST	
Friday, March 25th	Annunciation/Evangelismou	Flower Frame for Icon	\$ 60.00		
Friday, March 25th	Vespers of the leave-taking of the Annunciation	Flower Frame for Icon	\$ 65.00		
Friday, March 25th	Annunciation/Evangelismou	Flower Shelf for Panagia Icon	\$ 75.00		
Friday, April 1st	3rd Salutation	Flower Frame for Icon	\$ 60.00		
Sunday, April 3rd	Veneration of the Cross	Daffodil Tray	\$ 110.00		
Friday, April 8th	4th Salutations	Flower Frame for Icon	\$ 60.00		
Friday, April 15th	Akathisto Hymn	Flower Frame for Icon	\$ 60.00		
Sunday, April 17th	St. Mary of Egypt	Flower Frame for Icon (?)	\$ 60.00		
Sunday, April 24th	Palm Sunday (a.m.)	Palms	\$ 45.00		
Sunday, April 24th	Palm Sunday (p.m.) Nymphios	Flower Frame for Icon	\$ 70.00		
Wednesday, April 27th	Holy Wednesday	7 Candles, Oil, Flour,	\$ 25.00		
Thursday, April 28th	Holy Thursday	Wreath/Crown for Crucified Christ	\$ 200.00		
		Flower cross on Easel	\$ 150.00		
		3 Candles for Crucifix	\$ 15.00		
		12 Candles for Gospel Readings	\$ 60.00		
		Eggs (1 case) (Large)	Market Cost		
	Feast Day	Description	Cost		
Friday, April 29th	Holy Friday	Epitaphio flowers , which includes the following: Cut Lilies, Carnations, Roses,	\$1,350.00	LENTEN LIST	
		Cross of Flowers for Epitaphio	\$ 50.00		
		Rose or Orange Blossom Water (2)	Donor purchase		
		White Full Size Sheet	Donor purchase		
		Red Roses (for Choir & Chanters)	\$ 60.00		
		Flower petals (myrofores baskets)	\$ 30.00		
Saturday, April 30th	Holy Saturday (a.m.)	Flower frame for Proti Anastasi Icon	\$ 70.00		
	Holy Saturday (p.m.) (Anastasi)	Paschal Candle / Decorated	\$150.00-\$200.00		
		Resurrection Banner	\$ 200.00		
		Potted Lilies (16 minimum)	13.00/each		
		Potted Azaleas (4)	30.00/each		
		Flower Frame for Anastasi Icon	\$ 70.00		
		Flower shelf for Jesus Icon (Altar)	\$ 75.00		
		Flower shelf for Panagia Icon (Altar)	\$ 75.00		
	Feast Day	Description	Cost		
Monday, May 2nd	St. George (celebrated)	Flower Frame for St. George Icon (Stand)	\$ 70.00		
Monday, May 2nd	St. George (celebrated)	Flower Shelf for St. George (Altar)	\$ 75.00		

SATURDAY OF SOULS (PSYCHOSAVATO)

Traditionally, the Orthodox remember the dead on a Saturday, the day Christ lay in his tomb. Four times a year parishioners assemble to pray for all their deceased loved ones. These general memorial services, known as Saturday of Souls (Psychosavato) take place the two Saturdays that precede the beginning of Great Lent, the First Saturday of Great Lent, and the Saturday before the Feast of Pentecost. There is a popular belief that departed souls come back to earth at Easter and return the day after Pentecost.

If you would like to offer prayers for the Orthodox Christian deceased, write their first name(s) on a slip of paper, and the Priest will read the list toward the end of the service. Submit names only once for the first three consecutive Saturdays as the names are read even if you are not present. Put the list in an envelope with a small remuneration for the priest. You may want to bring a small bowl or platter of kollyva. A few parishioners also bake prosforo.

Following the service all the kollyva is combined, symbolizing the mixing of souls in heaven. Parishioners share the kollyva and greet each other with, "O Theos na tous anapafsi" ("May God forgive the souls of the dead.")



WHEAT TRAY FOR MEMORIAL SERVICES (KOLLYVA)

4 cups (2 pounds) shelled wheat
1/2 cup granulated sugar
1 1/2 cups finely chopped walnuts
1 1/2 slivered almonds
1 cup pine nuts
2 cups white raisins
2 teaspoons cinnamon
2 teaspoons coriander
2 teaspoons cumin
2 1/2 cups powdered sugar
2 cups zwieback toast, ground fine

Optional: Seeds of one pomegranate and 1 cup chopped fresh parsley.

Decoration: Whole blanched almonds without skins, white candied almonds, large silver dragees, white paper doilies.

Cover the wheat with 2 quarts of water and soak overnight. Drain and rinse. Cover with 4 quarts of water in a large heavy pot and bring to a boil. Reduce heat and simmer uncovered several hours, keeping the wheat covered with water and stirring occasionally, until wheat becomes puffy and tender. (Cooking time varies with time of soaking.) Drain in a colander, rinse, and drain again. Spread the wheat out on a smooth dish towel to dry overnight. (If desired, burn a kandili beside the wheat as it dries.)

Prepare all other ingredients but do not assemble until the day of the memorial to prevent mush-like texture. On the day of the memorial light a censer and kandili while making the kollyva. Cover a large tray approximately 20"X 13" with wax paper and then paper doilies that extend over the edge about an inch and a half. Combine all the ingredients except the powdered sugar, zwieback crumbs, and decorations. Put combined mixture on a tray and mold into a heaping mound toward the center, pressing it smooth. Spread crumbs evenly over the top, making sure the wheat is thoroughly covered, and press down. (This layer keeps the wheat mixture from bleeding through

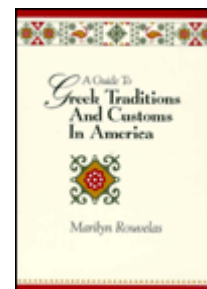
to the top layer of powdered sugar.) Sift powdered sugar over the mound and press smooth with wax paper. Make a cross in the center with large silver dragees. With blanched almonds form the initial of the first name of the deceased on the left side of the cross, and the initial of the last name on the right, preferably using greek letters. Decorate the edges as desired

Take the kollyva to church where it will be placed on a small table by the icon of Christ at the ikonostasion. If the talbe does not have candles, put one or three in the kollyva to be lit during the memorial service. After the service, put about 1/4 cup of kollyva in a small cup for distribution to parishioners.

The ingredients have symbolic meaning: wheat for everlasting life, faisins for sweetness, pomegranate seeds for plenty, powdered sugar for the sweetness of heaven, and parsley for the green of the earth.

For Psychosavato: make one-fourth of the above recipe. (Note that the cooking time for the wheat may be reduced.) Put the kollyva in a bowl or on a small plate. Decorate the top with a cross and border design, not initials of the deceased since kollyva for Saturday of Souls is generally made for more than one person. Put a candle in the kollyva. Take it to church where it will be placed on the memorial table with the kollyva from other parishioners. At the end of the service, all the plates of kollyva are combined in a large bowl and distributed. In Greece parishioners pinch killyva from each other's dish, mixing it by hand.

Psychosavato content and Kollyva recipe taken from "A Guide to Greek Traditions and Customs in America" by Marilyn Rouvelas, pgs 147—150.



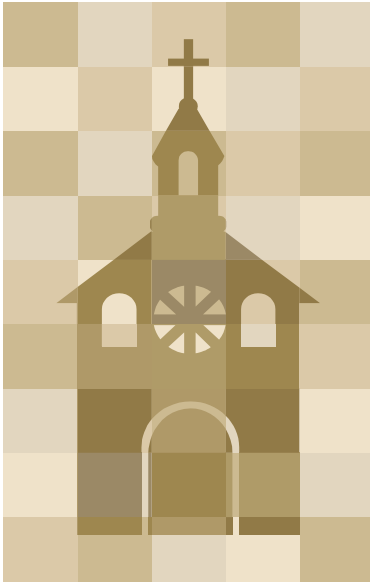
~ Note ~

There are many recipes for Kollyva with subtle variations in each one. While time consuming, the actual process is not difficult. I boil the wheat typically for about 2 hours early Saturday morning, then spread on a sheet to dry throughout the day, then cover w/ paper towel and plastic wrap and refrigerate overnight.. I do not recommend using a towel for drying due to lint sticking to the wheat. I assemble the kollyva early Sunday morning and deliver to church by the start of 9 am Orthros.

I encourage you make this if you have not done so before, and feel free to ask an experienced parishioner for advice.

~ AP





STEWARDSHIP REPORT

2016 Pledge Goal: \$ 75,000.00

Total amount pledged to date: \$ 30,044.00

Total amount received to date: \$ 14,594.00

2016 St. George GOC Members Pledged to Date



***Bold print denotes
pledged members
who are paid in full.***

*Thank you to all who
have pledged thus far.*

*There is still room on the
list to add your name!
Please submit and fulfill
your pledge to St. George
Greek Orthodox Church
today.*

*To receive a pledge form,
please contact the parish
office at 393-0742, or ask
any parish council
member at church.*

Father Theodore and Tatiana Roupas

Eugenia Avramidis

Maryna Baker

Lucy Brady & Family

Arji Cakouros

Andreas Christou

Ariana Christou

Euripides & Eleni Christou

Catherine Contompasis

Emanuel & MaryEllen Contompasis

Rena Counavelis

Chris & Joanne Dafniotis

Ciara D'Angelo

Joanne Diamantis

Demetrios Geanopoulos &

Kim Athena Kakos

Eliana Georgelos

Helena Georgelas

Steve & Alice Giakoumis

Brian & Lucy Goodale & Family

Angeliki Jones

Thomas & Shannon Jones & Family

Antonia Kananis & Family

Charles & Katherine Koinis

Steven & Barbara Kouray

Trifon & Zanetta Laskaris

Frieda Legorious

William Manikas

James & Ann Mantas

Fillipos & Erene Menagias & Family

Georgio Menagias

Athena Pagnotti & Family

Frank & Teresa Rossetti

Ourania Sokaris

Van & Anita Stathis

Helen Trinci

Mark Wempe & Family

Peter & Mary Zoulas



Stewardship Comparisons Year-to-Year

2015 Pledge Goal: \$ 73,000
Year-end received: \$ 68,407.00

2014 Pledge Goal: \$ 72,500.00
Year-end received: \$ 59,253.00

Information above reported in Jan/Feb 2015 and Feb 2014 community bulletins
and was based on year-end stewardship reports.

How are we doing?



St. George Parish Statistics for 2015

Baptisms & Chrismations 6 + 1 = 7

Marriages = 3

Funerals = 12



STEWARDSHIP

Dear Parishioners:

The Stewardship Committee kindly asks that everyone submit their **2016 pledge forms** (opposite page) to the parish office by the start of Great Lent ~ Monday, March 14th.

This will establish your family as pledged members in good standing for the 2016 year, and will also aid the Council in the administration of the Parish's 2016 operating budget.

Thank you for your faithful attention to this request.

~ Please Note ~

The New Stewardship Form on the opposite page is for Returning Members Only. If you are new to St. George, or were not a member in 2015, please contact Camille Kosloski in the Parish Office at 393-0742. A more comprehensive form will be mailed to you, which asks for additional information (eg: address, spouse, children names, etc.).

The "Returning Member" Pledge form content (opposite page) is taken from Archdiocese Stewardship Materials. This simple form allows us to (1) sign the head of household name, (2) check the method of giving, and (3) write the amount of contribution for 2016. At the bottom of the form, we are asked to indicate our desired level of participation throughout the 2016 year, by checking the category of interest/involvement. This information (only) will be passed on to group leaders, and you will be notified of events in the areas of interest you checked.

Returning Member household information will be verified through a phone call from the Parish Office in January when House Blessings are scheduled.

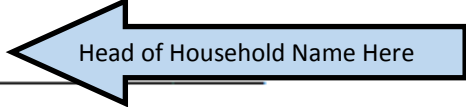
We appreciate your patience as we strive to simplify, streamline and bring our business practices more in-line with Archdiocese supported directives.

The Parish Council

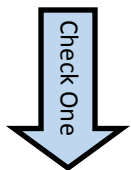
SAINT GEORGE GREEK ORTHODOX CHURCH CONFIDENTIAL STEWARDSHIP PLEDGE FORM

Please complete and return to Church Office prior to the beginning of Paschal Lent if possible.

Name: _____



The Parish Budget for 2016 is \$306,450.00
The Archdiocese Assessment for 2016 is \$27,700.00



Please take a look at the range of stewardship gifts for 2016:



- Platinum Steward \$1,500 +
- Gold Steward \$1,000 - \$1,499
- Silver Steward \$500 - \$999
- Bronze Steward \$499 or less

Please indicate your preferred payment method:

Annual _____

Monthly _____

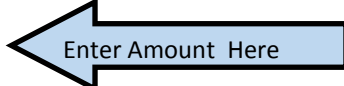
Weekly _____

Quarterly _____

\$800 – average pledge level needed to offset Parish operating expenses
(this sum equates to approximately \$15.00 per week)

After prayerful consideration, and in gratitude for God's blessings, I/we are prepared to offer a pledge to the parish of Saint George Greek Orthodox Church, to continue the work of His One Holy Apostolic Church:

My Stewardship Pledge for 2016 \$ _____



Thank you again for your support of our parish and assistance in its most important work to spiritually minister to us, and to continue to fulfill Christ's mission into the next generation.

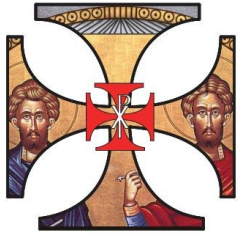
Stewardship of Time and Talents

Category	Member	Spouse	Child 1	Child 2	Child 3	Child 4
Altar Server						
Book Club/Bible Study						
Bereavement Supporter						
Choir/Chanter						
Church Usher						
Church Monthly Bulletin						
Epistle Reader						
Fellowship Group						
Festival Volunteer						
Fotia HS Dance Group						
Fund Raising and Special Events						
Philoptochos Society						
Parish Council						
Soup Kitchen Volunteer						
Oratorical Festival						
Sunday School						
"Thursday Morning Boys"						
Youth Group						

Note: Monthly bulletins are mailed to each member. This monthly publication, in addition to weekly supplements distributed in church, is the main communication tool of the parish. Parish leaders of the ministries noted above are listed on the cover page of the monthly bulletin. If you are not receiving the monthly bulletin mailed to your home, please contact the parish office at 393-0742. Thank you!

Please mail to: St. George GOC, 107 Clinton Street, Schenectady, NY 12305

PHILOPTOCHOS



MEETING NOTES. At the February 2016 monthly meeting, the membership approved the following donations:

National Philoptochos Autism Assistance Fund

National Philoptochos for St. Photios Shrine

St. Catherine's Center for Children

Northeast Parent & Child Society

Parsons Child & Family Center

Bethesda House

FOOD PANTRY. We continue to collect items for the Salvation Army Food Pantry. Please place non-perishable food items in the basket located in the Hellenic Center. Suggested items are canned goods (soups, beans, vegetables, fruit, tuna), dried pasta and rice, dried soup mix, pasta sauce, and cereal. We will deliver all food donations on a monthly basis on the same day we prepare and serve the Soup Kitchen meal. May God bless you for your generosity in remembering to help those who are in need. You have our heartfelt thanks and gratitude.

DAD LENTEN RETREAT. On Saturday, April 16, 2016, the Direct Archdiocesan District Philoptochos will sponsor a Lenten Retreat at Archangel Michael Church, Port Washington, Long Island, NY. The Retreat Leader will be The Very Rev. Father Maximos Conostas. The topic is "A Sacrifice Pleasing to God: St. Olympias the Deaconess as an Example of Service to the Church". If you are interested in attending, please contact Olga Delorey (383-4737 or odelorey@nycap.rr.com).

MEMBERSHIP DUES. If you haven't already done so, please remember to pay your annual dues! Annual dues are \$30.00. We received notification the per capita assessment has now been increased to \$23.00 (\$15.00 to National Philoptochos and \$8.00 to Direct Archdiocesan District). The remaining amount of \$7.00 goes to our St. George Chapter. Any additional gift to the chapter, along with your annual dues, is always welcome.

SOUP KITCHEN. On **Tuesday, January 26, 2016** our Philoptochos prepared and served dinner for **154 persons** at the **Salvation Army Soup Kitchen**. The Soup Kitchen was sponsored by **Pete Kalil and Chris Doulides In Memory of Father-in-Law and Father James Doulides**. May his memory be eternal. A Trisagion Service was chanted by Father Theodore. The dinner consisted of Greek-Style Goulash, Green Beans, Bread & Butter, Fruit Cup, Dessert, Juice and Coffee. Our heartfelt thanks to the following team members who helped prepare and/or serve the meal on this day: **Kathy Koines (Chair), Charlie Koines, Mike Euripidou, Pete Kalil, Steve Giakoumis, Phil and Norina McGown, Tina Twardzik, and Bill Manikas**.

"...for I was hungry and you gave me food ...

...inasmuch as you did it to one of the least of these My bretheren, you did it to Me"

Matthew 25: 35-40

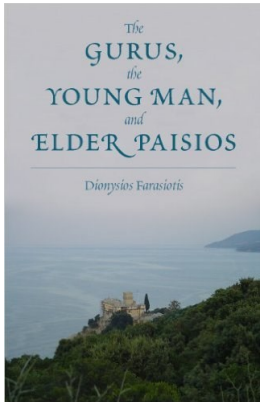
NEXT MEETING. The next meeting will be held on **Thursday, March 17, 2016 at 6:30 pm.**

Ladies Philoptochos Society Board of Directors 2015-2017

Officers: Olga Delorey (President), Gladys Paravalos (Vice President & Advisor)
Zanetta Laskaris (Treasurer), Kathy Koines (Assistant Treasurer)
Elaine Euripidou (Secretary), Cathy Contompasis (Assistant Secretary)

Members: Lucy Brady, Presbytera Nina Daratsos, Joanne Diamantis, Eliana Georgelos
Alice Giakoumis, Aleka Menagias, Elena Sikamiotis

SPECIAL COFFEE HOURS may be arranged by contacting Coffee Hour Chair Lucy Brady (346-4722). A voluntary donation to the Ladies Philoptochos Society in addition to the expenses would be greatly appreciated.



Spiritual Book Club Meets Monday evenings at 6 PM in the Church.

The Book selection for this year's ministry is

"The Gurus, the Young Man, and Elder Paisios".

The book is available on-line for purchase in Greek or English.

http://www.amazon.com/The-Gurus-Young_Elder_Paisios/dp/1887904166

<http://www.sainthermanmonastery.com/product-p/gurus.htm>

<http://www.greekorthodoxbooks.com/6FF8DFCA.el.aspx>

<http://www.protoporia.gr/oi-gkoyroy-o-neos-kai-o-gerontas-paisios-p-123741.html>

FELLOWSHIP NEWS – MARCH, 2016

Our February meeting took place at the Hellenic Center on Thursday, February 11, 2016 at 11:30 AM. Following a blessing by Father Theodore, we enjoyed a delicious lunch of dolmathes, salad and dessert. We then held our business meeting where we discussed potential trips we might make in future months. We also voted to donate \$100 each to both the church and to Philoptochos as reimbursement for the leftover festival and/or coffee hour food we have consumed, as well as the paper goods and coffee we use during our luncheons. After our meeting was concluded, we enjoyed listening to both Greek and American background music (thank you Dom!) while playing a fun game of scrabble. Thanks to Charlie Koines and his helpers for cooking and cleanup, and to Joanne and Paul Pagiotas for putting it all together.

For Greek Orthodox Christians, the 2016 Lenten fasting period begins during the month of March. Meat fare Sunday falls on March 6th and after this date, no meat is allowed until Pascha. Cheese fare Sunday falls on March 13th, and is the last day that cheese, eggs or other dairy products can be consumed. Cheesefare Sunday is also called Forgiveness Sunday, indicating the desire for God's forgiveness that lies at the heart of Great Lent. At Vespers on Sunday evening, all the people ask forgiveness of one another, and thus Great Lent begins.

Following this first Vesper service of the Paschal season on March 13th, our parish of St. George will host a reception for the local clergy and other Orthodox churches who will participate. The Fellowship group encourages all St. George parishioners to be generous in your donation of a Lenten food item when asked, to attend this beautiful service, and to welcome all our friends in attendance from the other Orthodox churches.

Our March Fellowship meeting will take place on March 10, 2016 at 11:30 AM at the Hellenic Center. Since this date falls after meat fare Sunday, our lunch will be meatless. Cheese, however, is allowed during that week, so the menu for our lunch on the 10th will consist of a three cheese penne casserole, Greek salad, crusty peasant bread, dessert and coffee.

As always, we continuously encourage newcomers to join our group. Unless there is a special occasion when we travel or meet at a restaurant, our typical meetings take place at the Hellenic Center on the second Thursday of every month at 11:30 AM. We always begin our meetings with a meal. We charge a nominal fee of \$3 for members and \$5 for non-members to cover the cost of the food. Dues are \$25 annually. Please contact our treasurer, Kathy Koines or either of our co-presidents, Paul Pagiotas or Eliana Georgelos, for information.

As we enter into this Lenten period, the St. George Fellowship group wishes all of you a blessed, peaceful, and spiritually beneficial Great Lent.



Save the date!

St. George GOC Annual Nameday Dinner/
Dance will be held

Saturday, May 7th beginning at 6 pm.

The Aegean Duo will perform.

Look for more information in the April issue of the Community bulletin.

Event sponsored by the Parish Council.

ANGELS/HOPE/JOY/GOYA

Proposed Schedule 1/13/16

St. George Greek Orthodox Church 2016 Youth Calendar of Events

DATE	EVENT	CONTACT
January 31 st	Snow Tubing at Maple Ridge 2 pm	Elaina/Stephen Rayburn 456-5877 and Lucy Goodale
February 14 th	Angels/Hope/Joy luncheon/activity	Lucy Goodale (craft) Alexandra Casey
February 21 st	G.O.Y.A.	Anna Morlock/Paula Kingra
March 13 th	Pan Orthodox Vespers & Dinner at St. George, 5 PM	Father Theodore 393-0742
March 27 th	Angels/Hope/Joy/G.O.Y.A. Lenten luncheon/activity	Scott Morlock/Lucy/ (Scott games) /Alexandra (craft)
February 15 th – 29 th Winter Break from School		
April 10 th	Angels/Hope/Joy Lenten luncheon/ activity	Lucy 280-2055 Alexandra 257-0527
April 17 th	G.O.Y.A. Lenten luncheon/ activity	Anna Morlock 373-9669 Paula Kingra 892-3868
April 23 rd	Lazarus Saturday Lenten luncheon/ palm folding	Anna Morlock 373-9669 Paula Kingra 892-3868 Alexandra Casey 257-0527
April 25-29 Spring Break from School		
May 21 st	Trip to Holy College Hellenic Cross, Boston	Paula, Anna, Fr. Theodore
May 22 nd	Sunday School Commencement	Athena Pagnotti 347-1491
Meet to determine the remaining year's events		

St. George GOC has a variety of Youth Volunteer opportunities. If your child is in need of community service hours, please contact Athena Pagnotti (518-708-7695) to learn more.





St. George Greek Orthodox Church
Indoor Yard Sale & Bake Sale
Saturday, April 9th

8 am — 3 pm

DONATIONS WANTED!

- ◆ Home décor
- ◆ Picture frames
- ◆ Table cloths
- ◆ Drapes
- ◆ Small appliances
- ◆ Dinnerware sets
- ◆ Glassware sets
- ◆ Silverware sets
- ◆ Serving pieces
- ◆ Holiday décor
- ◆ Working Electronics
- ◆ Working Cameras
- ◆ Tools
- ◆ Infant Nursery Items
- ◆ Toys
- ◆ Stuffed Animals
- ◆ Furniture
- ◆ Jewelry
- ◆ Books
- ◆ DVD's
- ◆ Music
- ◆ Musical Instruments
- ◆ Fabrics/Yarn
- ◆ Sewing Sundries
- ◆ Craft Supplies
- ◆ Quilts
- ◆ Comforters/Blankets

Drop off your items during coffee hour **beginning Sunday, March 20th .**

Pick up available—contact Athena Pagnotti 708-7695.

Donated items will become the property of St. George GOC and unsold items will be given to local charities at the end of the Yard Sale event.

***Event co-chairs: Roubina Spiros-Morgan 630-6654,
Angie Menagias and Cathy Contompasis***

~ VOLUNTEERS ARE NEEDED TO HELP WITH THE SALE ~



Community News & Events

The son of **Mark and Cait Wempe** was baptized on January 24th. He was given the Christian name of *Jason*. *May God bless the newly illumined!*

Book Club with Father Theodore meets **Monday's at 6 PM, in the Church Nave**. All are invited to attend.

The **Fellowship Group** will meet **Thursday, March 10th at 11:30 am in the Hellenic Center**. Please see Eliana Georgelos or Paul Pagiotas for more information.

Forgiveness Sunday is March 13th. **St. George will host the Pan-Orthodox vespers beginning at 5 pm**. A Lenten meal will follow in the Hellenic Center (admission free). Please bring your family and join us for this special event.

St. George Stewardship Committee kindly requests that all **2016 stewardship pledge forms** be submitted to the parish office by the **beginning of Paschal Lent ~ Monday, March 14th**. Thank you.

The **Ladies Philoptochos Society** will hold its next business meeting on **Thursday, March 17th at 6:30 pm**.

The Ladies Philoptochos Society is **collecting non-perishable food items** to help fill the shelves at the Salvation Army food pantry. Items will be delivered monthly to the Salvation Army when the Soup Kitchen team prepares and serves the meal. A collection box has been placed in the Hellenic Center.

Joanne Diamantis will sponsor the **Soup Kitchen on Tuesday, March 22, 2016** in loving memory of *Nicholas and Angie Diamantis (parents), George Diamantis (brother), Chris and Bessie Svolos (grandparents: Teresa Donlan (aunt), Frank and Lucy Laskos (uncle/aunt) and Gus Svolos (uncle)*. *May their memories be eternal!*

Angels/Hope/JOY/GOYA combined Lenten Luncheon and Activities on Sunday, March 27th, following Divine Liturgy. Look for an e-vite or contact Father Theodore for more information.

Please see the complete listing of Lenten Services on pages 4 & 5 of this issue of the community bulletin. A Lenten Items donations list is published on page 7. For further information, please contact Camille Kosloski in the Parish Office Monday-Thursday 1-6 pm, 393-0742.

Indoor Yard Sale and Bake Sale will be held in the Hellenic Center on Saturday, April 9th. Please donate gently used home goods for the benefit of the Parish for this event. **Parishioners may drop off donated items at the Hellenic Center beginning Sunday, March 20th**.

St. George Nameday Annual Dinner/Dance will be held Saturday, May 7th. The Aegean Duo will perform. Student ticket price available, and children age 10 and under admitted free! Save the date and look for details in the April issue of the community bulletin.

Church Usher Schedule:

Team C: 3/6

Team D: 3/13

Team A: 3/20

Team B: 3/27



Team A: Charlie Koines (Captain), Norina McGowen, Phil McGowen, Bill Manikas.

Team B: Alexandra Casey (Captain), Lainie Christou, Pete Kalil, Scott Morlock.

Team C: Lucy Brady (Captain), Morgan Gazetos, Athena Pagnotti, Toly Svolos.

Team D: Gladys Paravalos (Captain), Steve Giakoumis, Panagiota Giakoumis, Steve Markopoulos

Please join us on
Sunday, March 13th, beginning at 5 pm
For the annual start of the Pan-Orthodox
**Lenten (Forgiveness Sunday) Vespers
and Lenten Supper**

(Complete schedule and locations printed within)



St. George is pleased to (once again) be hosting the *first* Sunday of services for this pan-orthodox community event. The evening's meal is free to all, and will be hosted by Gladys Paravalos and Paula Kingra.

March 13th is cheese fare Sunday, so dairy is permitted.

Contact Gladys or Paula for more information.

**The cut-off date is March 15th
for news & events submissions for our March 2016 issue.**

Please make efforts to plan accordingly for the next issue of our bulletin. Submit all entries in person to Athena Pagnotti or via email (MS Word doc preferred) to apagnott@nycap.rr.com.