

THE TRIUMPHANT

Saint George Greek Orthodox Church Father Neofitos Sarigiannis <u>frneofitos@saintgeorgegoc.com</u> <u>www.saintgeorgegoc.com</u>

March/ April 2021





March 2021						
Sun	Mon	Tue	Wed	Thu	Fri	
	1 5:00 pm Teen/Adult Greek Language Class	2 5:30 pm Youth Zoom Meeting	3 7:00 pm Young Adult Zoom Meeting	4 4:30 pm Greek School Level 1 Zoom 5:30 pm Greek School Level 2 Zoom 5:30 pm Paraklesis to the Virgin Mary followed by the Sacrament of Holy Confession		6 1st Saturday of Souls 8:30 am Orthros & 9:30 am Divine Liturgy
7 Judgement Sunday (Meatfare Sunday) 8:30 am Orthros 9:30 am Divine Liturgy	8 5:00 pm Teen/Adult Greek Language Class 6:30 pm Book Club/Bible Study	9 5:30 pm Youth Zoom Meeting	10 7:00 pm Young Adult Zoom Meeting	11 4:30 pm Greek School Level 1 Zoom 5:30 pm Greek School Level 2 Zoom 5:30 pm Paraklesis to the Virgin Mary followed by the Sacrament of Holy Confession	12	13 2 nd Saturday of Souls 8:30 am Orthros & 9:30 am Divine Liturgy
8:30 am Orthros 9:30 am Divine Liturgy	15 Clean Monday Great Lent Begins 5:00 pm Teen/Adult Greek Language Class 5:30 pm Great Compline 6:30 pm Book Club/Bible Study	16 7:00 am Soup Kitchen Prep 5:30 pm Youth Zoom Meeting 6:30 pm Parish Council Meeting	17 7:00 pm Young Adult Zoom Meeting	18 4:30 pm Greek School Level 1 Zoom 5:30 pm Greek School Level 2 Zoom 6:30 pm Philoptochos Meeting		20 3 rd Saturday of Souls 8:30 am Orthros & 9:30 am Divine Liturgy
Liturgy	22 5:00 pm Teen/Adult Greek Language Class 5:30 pm Great Compline 6:30 pm Book Club/Bible Study	23 5:30 pm Youth Zoom Meeting 6:30 pm Lenten Lecture – Iconography with Fr. Aristidis Garinis via Zoom	24 6:30 pm Vespers- Annunciation of the Theotokos 7:00 pm Young Adult Zoom Meeting		26 6:30 pm 2 nd Salutations to the Virgin Mary	27
8:30 am Orthros 9:30 am Divine Liturgy	29 5:00 pm Teen/Adult Greek Language Class 5:30 pm Great Compline 6:30 pm Book Club/Bible Stuy	30 5:30 pm Youth Zoom Meeting	31 7:00 pm Young Adult Zoom Meeting		I	I



March			April 202	1		Ma
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 4:30 pm Greek School Level 1 Zoom 5:30 pm Greek School Level 2 Zoom	2 6:30 pm 3 rd Salutations the Virgin Mary	3 to
4 Sunday of the Holy Cross 3:30 am Orthros 9:30 am Divine Liturgy	5 5:00 pm Tenn/Adult Greek Language Class 5:30 pm Great Compline 6:30 pm Book Club/Bible Stuy	6 5:30 pm Youth Zoom Meeting	7 9:30 am Presanctified Liturgy 11:30 am Fellowship Meeting 8:00 pm Lenten Lecture Fr. Neofitos via Zoom	8 4:30 pm Greek School Level 1 Zoom 5:30 pm Greek School Level 2 Zoom	9 6:30 pm 4 th Salutations the Virgin Mary	to 10
11 Sunday of St. John Climacus 3:30 am Orthros 3:30 am Divine Liturgy	12 5:00 pm Teen/Adult Greek Language Class 5:30 pm Great Compline 6:30 pm Book Club/Bible Stuy	13 5:30 pm Youth Zoom Meeting 6:30 pm Parish Council Meeting	14 7:00 pm Young Adult Zoom Meeting	15 4:30 pm Greek School Level 1 Zoom 5:30 pm Greek School Level 2 Zoom 6:30 pm Philoptochos Meeting	6:30 pm Akathyst Hymr	1 7
18 Sunday of St. Mary of Egypt 3:30 am Orthros 9:30 am Divine Liturgy	19 5:00 pm Teen/Adult Greek Language Class 5:30 pm Great Compline 6:30 pm Book Club/Bible Stuy	20 7:00 am Soup Kitchen Prep 5:30 pm Youth Zoom Meeting	21 7:00 pm Young Adult Zoom Meeting	22 4:30 pm Greek School Level 1 Zoom 5:30 pm Greek School Level 2 Zoom	23	24 Lazarus Saturday 8:30 am Orthros 9:30 am Divine Litu
25 Palm Sunday 3:30 am Orthros 9:30 am Divine Liturgy 5:30 pm Bridegroom Service	26 Holy Monday 6:30 pm Bridegroom Service	27 Holy Tuesday 6:30 pm Bridegroom Service and Hymn of Kassiani	28 Holy Wednesday 6:00 pm Holy Unction Service	29 Holy Thursday The Mystical Last Supper 9:30 am Vesperal Liturgy 6:00 pm The 12 Gospels – The Passion of Christ	30 Holy Friday 9:30 am Royal Hours 3:00 pm Apokathelosis 6 pm Epitaphios/Lamentation	IS
			May 2021			
Sun	Mon	Tue	Wed	Thu	9: Li 1	Sat Holy Saturday :30 am Vesperal iturgy 1:00 pm Resurrection ervice
2Pascha/EasterSunday Service 10:30 am Agape Vespers and Vespers for St. George	George	4	5	S Z T	7 8:30 am Orthros 3:30 am Divine Liturgy Ζωοδόχου Πηγής - Γheotokos of the Life- giving Spring	



Great Lent Schedule

March

Monday, March 15 - Clean Monday- Great Lent Begins *5:30 pm Great Compline *6:30 pm Bible Study/Book Club Friday, March 19 *6:30pm Salutations to the Virgin Mary (Οι Χαιρετισμοί της Θεοτόκου) **Saturday, March 20** – 3rd Saturday of the souls *8:30 am Orthros & 9:30 am Divine Liturgy & Memorial Service (Kolyva) Sunday, March 21 - Sunday of Orthodoxy *8:30 am Orthros & 9:30 am Divine Liturgy Monday, March 22 *5:30 pm Great Compline *6:30 pm Bible Study/Book Club **Tuesday, March 23** *6:30 pm Lenten Lecture on Iconography with Fr. Aristidis Garinis, via Zoom Wednesday, March 24 *6:30 pm Vespers for Annunciation of the Theotokos Thursday, March 25 - Annunciation of the Theotokos *8:30 am Orthros & 9:30 am Divine Liturgy Friday, March 26 *6:30pm Salutations to the Virgin Mary (Οι Χαιρετισμοί της Θεοτόκου) Sunday, March 28 - Sunday of St. Gregory Palamas *8:30 am Orthros & 9:30 am Divine Liturgy Monday, March 29 *5:30 pm Great Compline *6:30 pm Bible Study/Book Club

April

Friday, April 2 *6:30 pm Salutations to the Virgin Mary (Οι Χαιρετισμοί της Θεοτόκου) Sunday, April 4 - Sunday of the Holy Cross *8:30 am Orthros & 9:30am Divine Liturgy Monday, April 5 *5:30 pm Great Compline *6:30 pm Bible Study/Book Club Wednesday, April 7 *9:30 am Presanctified Liturgy *8:00 pm Lenten Lecture – Fr. Neofitos Friday, April 9 *6:30 pm Salutations to the Virgin Mary (Οι Χαιρετισμοί της Θεοτόκου) Sunday, April 11 - Sunday of St. John Climacus *8:30 am Orthros & 9:30 am Divine Liturgy Monday, April 12 *5:30 pm Great Compline *6:30 pm Bible Study/Book Club Friday, April 16 *6:30 pm Akathyst Hymn Sunday, April 18 - Sunday of St. Mary of Egypt *8:30 am Orthros & 9:30am Divine Liturgy Monday, April 19 *5:30 pm Great Compline *6:30 pm Bible Study/Book Club *The Sacrament of Holy Confession maybe requested and ministered after any service. Contact Fr. Neofitos at 347-256-6723 or the church

office at 518-393-0742.

From the desk of Fr. Neofitos

Welcome all to the Triodion period. It is a period that spans from the Sunday of the Publican and Pharisee until Holy Saturday and the Resurrection of our Lord.

It is also the service book we use during this period and it contains multiple daily services for this 11-week period. The main theme of the Triodion is repentance. The hymns and prayers constantly refer to humanities' repentant journey spanning from Adam and Eve's exile out of Eden, all the way to our reentry into Paradise and the Kingdom of Heaven through our Lord's loving and sacrifice, passion, death, Resurrection, and glorious second coming. This period is filled with services, service to our fellow man in need (almsgiving), fasting, personal prayer, reading, and the sacrament of confession (which Fr. Neofitos has received blessing to minister as of July 2020), and holy unction.

Our God is a good God and He loves us. Even if we are far away from Him, He awaits patiently and lovingly for our return. If this entire period could be summed up into one gospel lesson; if our entire faith could be summed up in one gospel lesson, it would be in the parable of the prodigal son.

Our Creator yearns for us. Let us look at the parable. Jesus speaks of a Father who split his inheritance among his sons. The younger took his inheritance early and squandered it in prodigal living. He did not do anything wise with it. He wasted his money. For us today this could symbolize when we waste our Time, talent, and treasures. The son ran out of the wealth and then, famine struck. He ended up working with pigs and he ate from their food.

Great Lent is a reminder to repent. It is our opportunity to self-reflect and see where we are "eating with the swine" and have a repentant moment and turn our behavior and energies toward returning to the image of God in which He created us. In the rest of the story, we see the repentance of the younger son. You might have heard the story many times before.

I would like to point out the different steps of repentance in this Parable So that we can apply them to our lives.

Step one is to admit we are a sinner. It says, "But when he came to himself. Eig $\epsilon a u \tau \delta v \Delta \epsilon \lambda \theta \delta v \epsilon n \epsilon''$ He was living with pigs and then had an AHA moment. He snapped out of it. He realized he was not being HIMSELF. His best self.

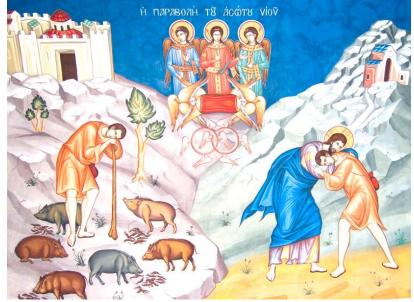
"My father's servants have food to spare but I am sitting here hungry, starving. I will arise and go to my father. And I will say "I have sinned against heaven and before you. I am no longer worthy to be called your son. Treat me as one of your hired Servants." The Admission is the first step. Looking in the mirror and realizing that maybe we muddled ourselves with some of our behaviors. Where have I muddled my baptismal robe, the white radiant robe of my soul?

And he arose and came to his father. Step two is action, confession, or admission of guilt. Asking for forgiveness. Some might say "..but Father, I confess my sins to my icon at home..".

If we believe in the soul, if we believe in God, then we must believe in the Sacrament of Holy Confession which He Himself instituted. Consider when we are sick. We go to a doctor, not a picture of a doctor. We are honest with the doctor and show him the worst of our pain and what ails us. If we tell a picture of the doctor where it hurts, our results will not be good. In the same way, our sins are not forgiven with our own prayer but by the Grace of God through the sacrament of priesthood and Holy Confession. Our God has left us a living breathing church for our healing. We must use and practice the sacrament of confession. We must come to our senses and be honest with ourselves and then with God. "Know

Thyself, $\Gamma v \dot{\omega} \theta i \Sigma \epsilon a u \tau \dot{o} v''$ is the beginning of any spiritual journey and as Christians, our next step is to approach God through His Holy Sacraments humbly and honestly. Just like we do not lie to our doctor, we should not lie to God, ourselves, or the world. The priest who is in essence representing God and the world, under the blessing of the hierarch, offers God's absolution of sins.

And finally, step three, changing our life and getting the job done. There is a difference between coming to the realization, speaking the realization, and taking the steps toward acting out the change in our heart. The son acted after his realization and went back to his father. He had humble expectations and with boldness to approach, he asked for forgiveness.





What came next in the parable was a joyous occasion.

The beloved father, "at a distance, saw His son – and had compassion - Makpåv anἑχοντος οἰδεν αυτόν ο πατήρ αυτού – εσπλαχνίσθη". The father suffered long for his son. Waiting and peering at the horizon in hope for his son's safe return. The father prayed and wept. He got on his knees for his child while he was gone. He must have made many offerings to God in supplication and mercy for his son. Our Father in heaven also pray for us. He hopes that that we will run to Him when we stray from our holy path He intended for us. He never gives up hoping in us. He hopes that this world will not destroy us.

"Eσπλαχνίσθη. Compassion". Luke the Doctor and Evangelist emphasizes over and over this theme of Compassion in his gospel. The Father, without a moment's hesitation ran to His Son, seeing him from far off. Forgiveness was instantly granted. The Father offered forgiveness in a warm embrace even before the son's confession.

"Και δραμων επέπεσεν επί τον τράχηλον αυτού και Κάτεφίλοισεν αυτόν. And he ran and jumped on his neck, is the proper translation, and kissed him a lot. Not εφίλοισεν but Κάτεφίλοισεν. Kat as a prefix means extra.



Also, to be a wealthy landowner and a person of Advanced age meant that you did not make a fool of yourself by running into the fields. But run the Father did. In joyous ecstasy the father could not contain himself. Our creator will meet us in the same way as we approach. If we take one step toward Him, he takes 100 toward us.

And after this scene, the son's confession was made. And the result was spiritual joy, clarity, relief, and love.

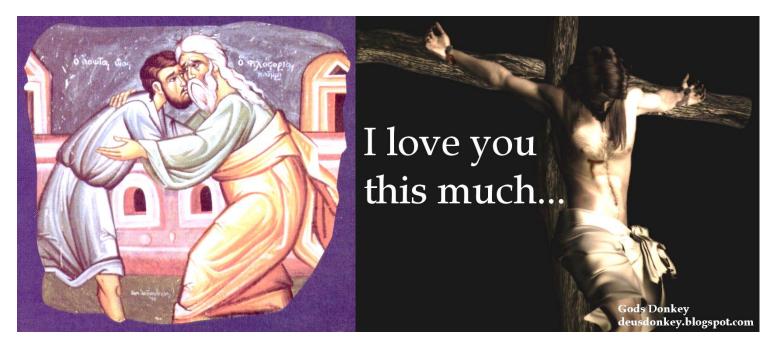
Those of you have ever been to confession know very well what follows a true confession. You walk in with sins and you walk out Free from them. An unbearable load for us is no more. Jesus said to his disciples "if you forgive any sins they are forgiven; if you retain any sins they are retained".

The core of our Lord's salvific plan, the reason He is risen, is for us to be free of our sins and have eternal life.

Just like the Father in the parable put on his son the best Robe, gave him a ring, put shoes on his feet, killed the fatted calf and had a party, in the same way we receive His eternal blessings. "My son was dead, and he is now alive. He was lost and now he is found."

Our Father is waiting for us always; Before Lent, during Lent, and after Lent. This is a time for our own self-reflection. Let us look at our behaviors, and not just fast. Let us increase our compassion, our teamwork, and not just focus on what we are giving up for Lent. We say, "Christ is in our Midst"! Our Father is here present and looking for us. He is waiting for us.

His warm embrace is not far off but HERE in our midst. His arms are outstretched on the Cross, waiting for us. Let us not be mere observers, but partakers in this joy that is everlasting. Amen





Lenten Lectures 2021



On Tuesday, March 23rd at 6:30 pm, Rev. Fr. Aristidis Garinis will be our Guest Lecturer via Zoom Discussing Iconography.

Rev. Fr. Aristidis Garinis was born and raised in Chicago, Illinois. He graduated from Hellenic College in 2006 with a Bachelor's degree in Religious Studies. In 2009 he graduated from Holy Cross Greek Orthodox School of Theology with a Master of Divinity. Following his theological education Fr. Aristidis developed his studies in Iconography on Mount Athos, Greece. He continued with a six-month internship at the Greek Orthodox Archdiocese of America where he assisted in the organization of the first Episcopal Assembly of Canonical Orthodox Bishops. After his internship, Fr. Aristidis was married to Presvytera Vasileia in 2010. In 2011, he was ordained to the deaconate by Archbishop Demetrios of America and served as his deacon at the Archdiocese until January 11, 2013. Since then, Fr. Aristidis has been assigned to Saint Nicholas Greek Orthodox Shrine Church.

Zoom info: https://goarch.zoom.us/j/96858386422?pwd=TWtWV2x6U25uUGUwcElQbXRidFBTUT09 Meeting ID: 968 5838 6422 Passcode: 013336

On Wednesday, April 7th at 8:00 pm, Fr. Neofitos Sarigiannis will be lecturing for the Holy Resurrection Church in Brookville, NY.

Fr. Neofitos Sarigiannis, born July 18, 1981 married Presbytera Catherine Sarigiannis on October 14, 2018. They had baby George Nektarios Sarigiannis on August 14, 2020. Fr. Neofitos went to St. Demetios Astoria for his elementary and high school years and graduated from Bryant High School in 1999. He graduated from the University of Athens: School of Theology in 2006 (2001-2006). Fr. Neofitos was ordained to the Holy Deaconate on September 7, 2019 and to the Holy Priesthood on November 9, 2019 where he received his first ever assignment as a clergy member in the St. George Greek Orthodox Church, Schenectady, NY: November 9, 2019 until the present day. He previously served as Pastoral Assistant and Chanter at the Greek Orthodox Church of the Holy Resurrection, Brookville, NY for 11 years: 2008 - November 2019. He is a member of the Archdiocesan Byzantine Choir. Together, they completed a series of performances at various venues including Carnegie Hall, The Archdiocesan Cathedral, and two historic trips to Constantinople to perform in the ancient church of Hagia Irini for the Thronal Feast of Saint Andrew the First Called Apostle.



Zoom Link and Topic TBA for all to view.



Welcome to St. George Greek Orthodox Church

PULLY HEAR FRANCH

Philoptochos News

By Olga Delorey

The winter months have been quiet for the St. George Philoptochos following a busy December with our Spanakopita Sale, Parish Christmas Card and Mitten Tree. Last year at this time we were busy with our annual Spaghetti & Meatballs Dinner and Auction among many other events which filled our Hellenic Center. Unfortunately, activities such as this cannot take place at this time. In March it will be one year since the COVID-19 pandemic hit and the toll it has taken is great. While the new vaccine gives us much hope and promise for the future, we must remain vigilant and continue to exercise caution. We commend Father Neofitos, our Parish Council and church staff for their hard work in making it safe for us to attend services and receive the holy sacraments.

During the months of January-February, our Philoptochos fulfilled its philanthropic mission by providing donations to the following: Saint Basil Academy (Vasilopita Special Tray Collection), National Philoptochos Social Services Fund, National Philoptochos Cancer Fund, National Philoptochos Autism Assistance Fund, St. Photios Shrine, Center for Disability Services, Jack's Place, Quest for Grace, Bethesda House, City Mission of Schenectady (student toiletry kits), Salvation Army (soup

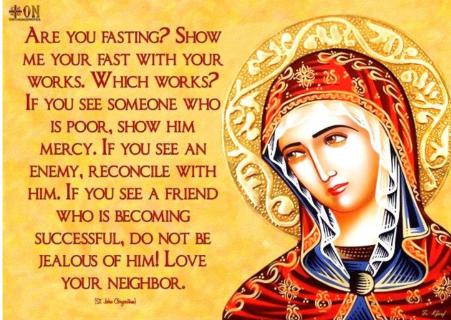
kitchen bag lunches) and St. George Greek Orthodox Church.

Our heartfelt gratitude to the following Soup Kitchen Bag Lunch sponsors: Frusina Ika Iancu (January) and Zanetta & Trifon Laskaris (February).

On March 15 we begin our Lenten Journey which culminates in the glorious Resurrection of our Lord and Savior, Jesus Christ.

Have a BLESSED LENT! Καλη Σαρακοστη

Upcoming meetings: Thursday, March 18, 2021 and Thursday, April 15, 2021. All meetings begin at 6:30 pm.



...for I was hungry and you gave me food ... inasmuch as you did it to one of the least of these My brethren, you did it to Me... Matthew 25: 35-40





Fellowship News

By Eliana Georgelos

Greetings everyone! Yet again, Covid is preventing us from gathering together. Our last official meeting took place in March of 2020. We did not meet at all in April, May, June, July, August, September or October of 2020. In November with Covid numbers down somewhat, we felt safe enough to gather together informally. It was wonderful seeing one another again after so many months apart! But another increase in Covid numbers prevented us from attempting to meet again. So no meetings in December, 2020 or January and February of 2021. But now with two new vaccines available and a third one in the works, we hope that the majority of us will be able to get our vaccinations and that it will safe for us to gather again in March. Fellowship members will be contacted to let everyone know one way or another if we can meet.

Covid has effected so many of us this past year. Our good friend Spiro Mikropoulos. succumbed to the disease in April of last year. We continue to miss him and mourn his passing. And so many others in our church family were sickened with Covid, some hospitalized, others not. But the toll on those who test positive can create both physical and emotional symptoms. Knowing one has Covid often causes anxiety about symptoms getting worse if they are minimal, or changing as is the case with "long haulers" who have varied serious symptoms for months after first being diagnosed. Even Father Neofitos and Presvytera Catherine were diagnosed with Covid and needed to be quarantined. Thankfully, their symptoms were minimal and we thank God that they have both recovered and are healthy, as is baby George Nectarios. Hopefully, no one else in our community will test positive to Covid from now on, and the vaccines will prevent further illnesses. But we must continue to be vigilant by washing our hands frequently, wearing masks and social distancing.

We look forward to our forthcoming preparations for Holy Pascha. Fasting from meat begins with Meatfare Sunday on March 7th. The following Sunday, March 14th is Cheesefare Sunday. Then comes Clean Monday, the first day of Great Lent on March 15. Our beautiful Lenten services continue throughout the rest of March and the entire month of April. It is our fervent prayer that we will all be able to safely pray together in church during this holy time, culminating with Great and Holy Pascha on May 2.

Best wishes are extended to all St. George parishioners for good health in the coming months. Here's hoping you enjoy the attached photos!

The Baptism of George Nektarios: January 2, 2021





WELCOME TO OUR FAMILY

Stewardship for St. George

Greetings from the Stewardship Committee.

As we begin our Lenten journey leading to the blessed Resurrection of our Lord Jesus Christ, it is a good time to think about our relationship with God through Stewardship. We should take a close look at how much of ourselves we devote to God and the Church. Are we fulfilling our Stewardship responsibilities including our time, talents and treasure to the full extent? Do we devote ourselves to a ministry or committee of the Church (Time)? Do we devote the abilities that God has bestowed on us with the Church (Talent)? Do we Pledge based on our devotion to God (Treasure)? Let's think about this, do we tend to determine our Pledge based on what is left over after paying our monthly bills or do we consider how much to Pledge first, then plan accordingly with the rest of our family budget? If God is indeed the center of our lives, we should be thinking about our financial commitment to the Church first, then consider the other expenses. Although this is easier said than done, this level of devotion is important for all of us to strive to attain.

Matthew 6:19-21 "Do not lay up for yourselves treasures on earth, where moth and rust consume and where thieves break in and steal, but lay up for yourselves treasures in heaven, where neither moth nor rust consumes and where thieves do not break in and steal. For where your treasure is, there will your heart be also."

If you have not completed a Pledge form for 2021, please call the office for a form to be mailed to you or simply ask for one the next time you attend Church. Please inform a member of the Stewardship Committee if you need to make an adjustment to your Pledge.

Kali Sarakosti. May God Bless you and your families.

The Stewardship Committee

2021 Stewardship Pledges: We are grateful for those members listed below who have submitted their 2021 stewardship pledge as of February 18, 2021. Thank all for your contributions to our church. Your continued and consistent support will help our ministries and vision.

Mr. & Mrs. George Alatzas Ms. Susan Birbilis Mr. & Mrs. Sam Bratsos Mrs. Lucy Brady & Family Ms. Arji Cakouros Mr. Andreas Christou & Ms. Sophia Shakolas Ms. Arianna Christou Mr. & Mrs. Euripides Christou Mrs. Catherine Contompasis Mrs. Rena Counavelis Mrs. Joanne Dafniotis Ms. Olga Delorey Mrs. J. Maria Dostis-Koliatsis Mr. & Mrs. Michael Euripidou Mrs. Helena Georgelas Mrs. Eliana Georgelos Ms. Panagiota Giakoumis Mr. & Mrs. Brian Goodale & Family Mr. Periklis Hais Mr. & Mrs. Owen Huggins Mrs. Frusina Ica Iancu Mr. & Mrs. Thomas Jones & Family Mrs. Antonia Kananis

Mr. Evan Kananis Mrs. Fanny Karamanos Ms. Balwant Maria Kingra Mr. Charles Koines Ms. Kaliopi Kounoupis Mr. & Mrs. Steven Kourav Ms. Diamanto Ktenas Mr. & Mrs. Trifon Laskaris Mr. & Mrs. Paul LaViolette Mr. William Manikas Mr. & Mrs. Jerry Menagias Mr. Demetrios Michael Mr. & Mrs. Scott Morlock & Family Mr. Simeon Nikolaidis Mrs. Katherine Orfan Mr. & Mrs. Paul Pagiotas Mr. & Mrs. Vito Pagnotti & Family Mr. & Mrs. Nick Paravalos Mr. & Mrs. Frank Rossetti Mrs. Roubina Spyros-Morgan Mr. & Mrs. George Svolos Mrs. Themetria Svolos Mrs. Sophia Zanaros Mrs. Mary Zoulas

St. George Greek Orthodox Church Αγιος Γεωργιος		PLEDGE FORM 20	
Family Name		Envelope Number	
ну На На На На На На На На На На На На На	0 \$2000.00	Weekly (due each week) Εβδομαδιαίος Monthly (due at the start of the month) Μηνιαίος Quarterly (due at the start of the quarter) Τριμηνιαίος	
How much should y	ou pledge?	Annually (due at the start of the year) Ετησίως	

Consider this.... in order to meet our budget, we need each family to pledge a minimum of \$650. That equals \$12.50 a week for the year.

Family Name (Last)	Hom	e Phone	
	•		
Address			
Name	Cell I	Phone/Work	:
Email	Occu	pation	Baptized
Spouse	Cell I	Phone/Work	:
Email	Óccu	pation	Baptized
Children	(age)	(baptiz	ed)

Some of the many ministries we invite you to participate in

ANGELS (Pre-K-Kinder.) HOPE (1st - 2nd grade) JOY (3rd - 6th grade) GOYA (7th-12th grade) YAL (Age 18-35) Philoptochos The Fellowship Bible Study / Book Club Books and Education **Greek School** Sunday School Altar Servers Parish Council **Outreach & Evangelism Building and Grounds** Strategic Planning Choir/Chanter Fundraising



Come Meet Our Parish Council Team



Brian Goodale (Officer- president) is the current President of the Parish Council at St. George. Through his wife Lucy (Laskaris) Goodale, he was introduced to the Orthodox faith, and converted and was baptized shortly thereafter. Professionally, Brian works for SUNY Empire State College as the Director of Academic Partnerships in the Office of Partnerships in the Office of the President. He has been at Empire State College since 2009. Prior to Empire State College, Brian had 15 years of higher education experience, including service at the University at Albany as the Director of Graduate Admissions for the School of Public Health, and the Assistant Director of International Graduate Admissions for the university. He started his career as an Admissions Counselor at SUNY Cobleskill. In addition, Brian has 21 years of volleyball coaching experience, including 17 years as the Head Women's Volleyball Coach at the College of Saint Rose (NCAA Division II). Brian earned his Ph.D. in

Higher Education Administration at the University at Albany, where he also earned his master's degree. He graduated from Penn State University with a Bachelor of Science degree in Marketing, and from SUNY Cobleskill with an associate of science degree in Business Administration. He and Lucy live in Clifton Park, NY with their son Tyler.



Alexandra Casey (Officer – Treasurer) My name is Alexandra Casey. I have been a member of Saint George for over 30 years. I grew up in the church, attended Sunday school, participated in youth programs, danced in the Dance Troupe, and attended Greek School. Currently, I am serving on the Parish Council as a Treasurer. I have been on the council for about six years. I wear many different hats throughout the day! I am a daughter, a sister, a wife, a mother, a teacher, a helper, and a friend. I graduated from Russell Sage College with an MS in Childhood Literacy Education. I currently work at North Colonie Central School District as a third-grade teacher. My husband and I live in Burnt Hills, and we have one beautiful daughter, Gianna, who is 10 years old. When I am not working at school, I help my mother with the family business. Saint George is close to my heart, and I do all that I can to help. Serving for my church is an honor, and I am committed to fulfilling this mission given by Christ.



Scott Morlock (Officer- secretary) Scott has been a part of the St. George Community for over 25 years. He has been a part of numerous committees in the St. George community including the Youth Group, Festival Committee and past - and currently serving on the Parish Council and Fundraising Committee. A former sportscaster in the local television market, Scott is currently the Director of Communications for the New York State Association of REALTORS. His wife Anna and their two daughters are lifelong members of St. George.

Maria Dostis (Officer – vice president)



Lucy Brady. My name is Lucy Brady. I grew up in Flushing, NY and got married to my husband Scott in 1988 in St. Nicholas GOC. We moved to the Albany area in 1990 and then moved to Scotia in 1993. I have a daughter Maria who lives with her husband, James in South Carolina, a daughter Christina who lives at home and a son, Jimmy who lives in Ballston Spa. I have been working at Capital Region BOCES for the past 23 years as a School Social Worker in Special Education. Being involved in a Family Support Council for many years has given me the opportunity to advocate for people with disabilities. I have been an active member of St. George GOC for about 26 years. The Church has been an integral part of my family's life. We have been involved in various activities offered by the Church over the years. I have been a longtime member of the Philoptochos as well

as the St. George Council. I enjoy traveling, going out to eat, spending time on the beach, dancing.





Arjhiroula "Arji" Cakouros is a sound healer, musician, Reiki master and Dreamwork teacher based in Niskayuna, NY. Her personal commitment to supporting others in achieving radiant health is rooted in her ancestral Hellenic Asclepian and Pythagorean healing traditions. She has been assisting and collaborating with Sw. Laraaji NadaBrahmananda since 2008, offering Healing Sound events, concerts, and Laughter Immersion experiences in many venues worldwide. Arji served as faculty at the prestigious International Sound Healing Intensive in Colorado for the last nine years of its 25 year history, as well as on the faculty for the Sacred Sounds Institute Intensive held annually at Olympic National Park, Washington state, created by the multi-talented pioneer Sound Healer Vickie Dodd. Arji has been affiliated with the St. George parish since the early 70's and served as its first dance troupe organizer & choreographer in the initial years of establishing its annual fall Greek festival. She and her family became active at St. Sophia's in Albany from the early 1990's until her

return to St. George a few years ago. Arji looks very much forward to now serving this community which she so loves, as part of the parish council.



Balwant Maria Kingra. My name is Balwant Maria, I graduated from St. John's University in May of 2020 with a goal to attend Physician's Assistant school in the next year. When I came back home, I decided to join the Parish Council to get involved in the church again. Along with joining the Parish Council, I am a part of the fundraising committee and the Young Adult group. Growing up in the church, there were a lot of activities to attend and I am interested in continuing this tradition. I am very excited to help plan events to get our community involved and bring us closer together in these unprecedented times.



Roubina Spyros Morgan. I am a lifelong and dedicated parishioner of St. George and a parent of one son, Justin 31 and a daughter Ariana, 28. I am currently employed at Union College as a merchandise buyer and handle, the website, accounts payable and receivables for the campus store. In addition, I have 26 years experience in a medical and hospital setting mainly in Medical billing and operations. I work per diem for Sunnyview Hospital. I enjoy making changes to situations that need improvement. I love animals, the outdoors, music and art.

Saint George Greek Orthodox Church Youth Ministry Registration Form 2021 Sunday School September 2021

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	Home Phone	Cell Phone
	il	
hild's name	Date of Birth	Child's
	School Grade Sept 2019	
	Any N	
NoYes If yes, please expl	lain	
hild's name	Date of Birth	Child's
	School Grade Sept 2019	
or:	Any M	Adical Conditions/Allergie



Meet our Greek School Teachers

We Welcome our New Greek School Teachers George Cotzas and Ioanna Loula. Presvytera Catherine Sarigiannis will be taking a maternity year this year.

Greek School Teacher for Pre-K to Grade 8

My name is Ioanna Loula (I ω àvva Λού λ a) and I am so happy and proud to be a teacher at St. George Greek school! I was born and raised in Athens, Greece and I moved to the US in 2012. Originally, I come from a small village very close to the city of Ioannina, where I spend most of my childhood summer vacation full of lovely and memorable experiences! I received my bachelor's degree in Education from University of Ioannina in Greece and my Master's in Social work from SUNY Albany. I have been teaching Greek as a second language for four years at St. Sophia Greek school in Albany, NY. I have a true passion for working with kids. I love watching them grow physically, mentally and spiritually. Motivating and helping each child love the Greek language and culture is a challenge that I am honored to accept daily. My goal is to create lovely memories for my students that would make them curious to love, visit and explore Greece. Personally, I have been married for 8 years and I have a 4-year-old daughter. I love to spend time with my family and visit new places that are close to the beach.

Greek School Teacher for Teens and Adults

GEORGE MCOTZAS *Γιώργος Μ Κοτζάς* Birth Place: Ismailia, Egypt *Education:*

- Greek High School, Mansourah, Egypt
- BS in Elect. & Mech. Eng'g, Athens, Greece
- MS in Nuclear Eng'g, Saclay, France
- ME & D. Eng in Elect Power Eng'g, RPI, Troy, NY
- Taught Greek in St Sophia's Adult Classes, 2015-2019

IT'S NOT TOO LATE TO REGISTER FOR GREEK SCHOOL!

Click to Register https://docs.google.com/forms/d/ 1vCwAtUK2kALC7PzQ2yrF9roSCW ckmd142qhaKDtbBkw/edit

Contact the Office for more info or any questions: <u>OFFICE@SAINTGEORGEGOC.COM</u> or

518-393-0742

Immigrated to USA in 1967

Career in GE Co 44 years; Last 30 years, head

of Eng'g & Research Groups. Retired in 2011

Married, two

children

0

0

Likes: languages, etymology, mythology, anthropology. Now taking care of two grandchildren!!

He wrote a book on his childhood in Greek, and he later translated it to English. Both books can be downloaded from the Web, gratis.

BOOK TITLE: Egypt 's Port-Tewfick through the eyes of my soul

English book link:

https://anemi.lib.uoc.gr/metadata/2/5/d/metadata-1453118273-466993-23293.tkl_Greek book link: https://anemi.lib.uoc.gr/metadata/2/5/d/metadata-1453118273-466993-23293.tkl





Watch our Greek Independence Day Program presented by Mrs. Ioanna Loula and the St. George Greek School children ages 5-13.

Thursday, March 25th 5:00 pm via Zoom.



Join the Zoom Meeting https://goarch.zoom.us/j/95064437214?pwd=Y09odThxVDdBUn <u>RmaXppZW5JelVKQT09</u>

> Meeting ID: 950 6443 7214 Passcode: 609287

St. George Youth Corner

From your youth Advisers – Lucy Goodale and Anna Morlock

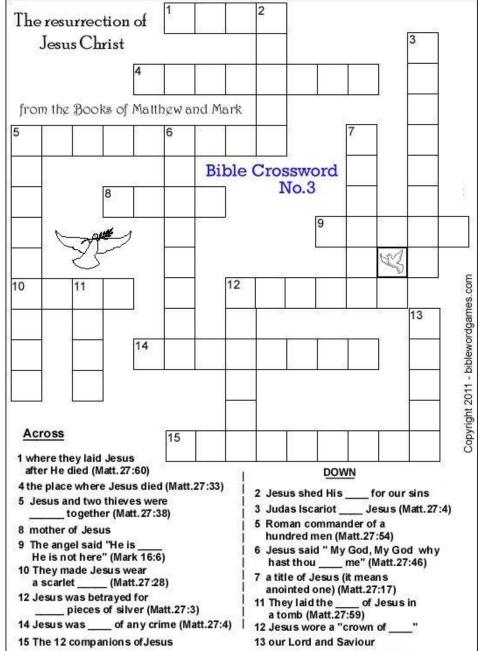
We miss seeing everyone! We look forward to seeing everyone in church. We have all been staying connected with the church either by attending Liturgy, worshiping via online services, and our weekly zoom meetings.

In order to stay connected please join our weekly zoom meetings with Fr. Neofitos on Tuesdays for a short spiritual lesson. Ages 4-12 meet Tuesdays from 5:30pm and Ages 13 to 18+ meet Wednesday at 7:00pm. Fr. Neofitos also addresses the youth on Sundays for the Youth Sermon around 10:30am.

We send reminders through email and the remind app. To join the email Youth list please email Lucy Goodale your cell number and full names of the children at <u>LGoodale7@gmail.com</u>. Reminders and important Youth information are also sent through the Remind app. Please join our remind class using the link below or the class code.

https://www.remind.com/join/f3fh94e or use class code@f3fh94e

We will be meeting soon to come up with other ideas to stay connected during these unique times. If you have any ideas for youth activities or would like to join our planning team please contact the youth advisors or submit your ideas by email to Lucy, Fr Neofitos or Anna.



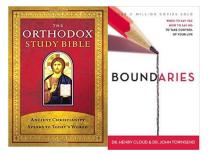


Dance Group and Dance Lessons coming soon!

St. George Young Adults is a ministry of the church which focuses on, culture, service, worship, and fellowship with members from ages 15 - 35. Email Fr. Neofitos or Balwant Kingra to join any of our events, most of which are currently virtual.

frneofitos@saintgeorgegoc.com balwant.kingra98@gmail.com





St. George Book Club/ Bible Study 2021

Join us on Mondays! Our next Class will be on March 8.

We meet via Zoom during the pandemic. Please email Father Neofitos to join our Book Club. <u>frneofitos@saintgeorgegoc.com</u>

Visit Our Squaresite Today!

St. George Bookstore and Liturgical Offerings



Bookstore items are available for viewing and purchase online as well. Pick up only.

Visit out Bookstore Online!

Offerings of: Communion Wine, Altar Candles for a week (ακοίμητον), Prosforo, Altar Incense-Μοσχοθυμίαμα, Koliva -Memorial for the Departed, Artoklasia – Sweet Bread for Prayers for the Health of the Living can all be made on our Square Site. Click the icon to visit:



https://st-george-greek-orthodox-church.square.site/

St. George Ministry Leaders

Altar Servers Bookstore and Greek School	I
Bible Study/ Book Club	
Choir/Chanters	(
Church Ushers	I
Epistle Readers	I
Fellowship Group	
Friends of St. George	(
Ladies Philoptochos Society	(
Office Manager and Facilities Staff	(
Order of AHEPA	
Parish Council Members	
Soup Kitchen	(
Stewardship	I
Sunday School Teachers and	I
Assistants "Thursday Morning Boys"	9
Building and Grounds	
Volunteers	_
Youth Group Leaders and	
Volunteers: Angels/HOPE/JOY and GOYA	

Fr. Neofitos Sarigiannis Presvytera Catherine Sarigiannis, Gladys Paravalos Fr. Neofitos Sarigiannis Olga Delorey Brian Goodale

Fr. Neofitos Sarigiannis

Eliana Georgelos

Gladys Paravalos

Olga Delorey

Camille Kosloski

Phil Menagias Brian Goodale Olga Delorey Lucy Brady

Fr. Neofitos Sarigiannis

Steve Giakoumis

Lucy Goodale Anna Morlock frneofitos@saintgeorgegoc.com csarigiannis22@gmail.com Gladys1717p@aol.com

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p menagias@hotmail.com

Lukia@nycap.rr.com Dafnia3@yahoo.com

518-372-4476

lg1010@live.com anna217m@aol.com

Holy Week Schedule

Saturday, April 24 - Lazarus Saturday

*8:30 am Orthros & 9:30 am Divine Liturgy

Sunday, April 25 – Palm Sunday

*8:30 am Orthros & 9:30 am Divine Liturgy *6:30 pm Bridegroom Service

Holy Monday, April 26

*6:30 pm Bridegroom Service

Holy Tuesday, April 27

*6:30 pm Bridegroom Service – Hymn of Kassiani

Holy Wednesday, April 28

*6:00 pm Holy Unction Service

Holy Thursday, April 29 - The Mystical/ Last

Supper

*9:30 am Vesperal Liturgy

*6:00 pm The 12 Gospels - The Passion of Christ

Holy Friday, April 30

*9:30 am Royal Hours

*3:00 pm Apokathelosis

*6:00 pm Epitaphios/ Lamentations

Holy Saturday, May 1

*9:30 am Vesperal Liturgy*11:00 pm Resurrection Service

Services for

the Feast of St. George

Sunday, May 2 – Pascha/Easter Sunday *10:30 am Agape Vespers and Vespers for St. George Monday, May 3 – The Feast of St. George

*8:30 am Orthros & 9:30 am Divine Liturgy



*The Sacrament of Holy Confession maybe requested and ministered after any service. Contact Fr. Neofitos at 347-256-6723 or the church office at 518-393-0742.

Prayer of Saint Ephraim

O Lord and Master of my life, take from me the spirit of sloth, despair, lust of power, and idle talk. But give rather the spirit of chastity, humility, patience, and love to Thy servant. Yea, O Lord and King, grant me to see my own transgressions, and not to judge my brother, for blessed art Thou, unto ages of ages. Amen.



Lenten Donations

(flowers, other items, Epitaphio, etc...)

2021				
Date	Feast Day	Description	Donor Name	Price
Friday, March 19th	1st Salutations	Flower Frame for Icon		\$50
Thursday, March 25th	Annunciation/ Evangelismou	Flower Shelf for Panagia Icon	Toni Kananis	\$70
Friday, March 26th	2nd Salutations	Flower Frame for Icon		\$50
Friday, April 2nd	3rd Salutations	Flower Frame for Icon		\$50
Sunday, April 4th	Sunday of Holy Cross Veneration of Holy Cross	Daffodil Tray	Olga Delorey	\$50
Friday, April 9th	4th Salutations	Flower Frame for Icon		\$50
Friday, April 16th	Akathist Hymn	Flower Frame for Icon	Philoptochos	\$50
Sunday April 18th	St. Mary of Egypt	Flower Frame for Icon		\$50
Sunday, April 25th	Palm Sunday (a.m.)	Palms	loanna Dafniotis	\$50
Sunday, April 25th	Palm Sunday (p.m.) Nymphios	Flower Frame for Icon		\$50
				\$50
Wednesday, April 28th	Holy Wednesday	7 Candles, Oil, Flour (King Arthur), Cotton Balls		Contact Elaine
Thursday, April 29th	Holy Thursday (a.m.)	Flower Frame for Last Supper Icon		\$50
Thursday, April 29th	Holy Thursday (p.m.)	Wreath/Crown for Crucified Christ	Euripidou Family	\$150
Thursday, April 29th	Holy Thursday (p.m.)	Flower Frame for Crucifxion Icon	. ,	\$50
Thursday, April 29th	Holy Thursday (p.m.)	3 Candles for Crucifix		\$15
Thursday, April 29th	Holy Thursday (p.m.)	12 Candles for Gospel Readings		\$60
Thursday, April 29th	Holy Thursday (a.m.)	Eggs (1/2 case) (Large Brown)		Contact Elaine



Welcome to St. George Greek Orthodox Church

Date	Feast Day	Description		
Friday, April 30th	Holy Friday	Epitaphio flowers , which includes the following: Cut Lilies, Carnations, Roses, Daphne, Laurel, Rose petals, etc.		TBD / Ongoing Collections
Friday, April 30th	Holy Friday (afternoon)	Cross of Flowers for Epitaphio		\$50
Friday, April 30th	Holy Friday (afternoon)	Rose or Orange Blossom Water (2)		\$20
Friday, April 30th	Holy Friday (afternoon)	White Full Size Sheet		\$50
Friday, April 30th	Holy Friday (afternoon)	Flower Frame for Apokathilosis Icon		\$50
Friday, April 30th	Holy Friday (p.m.)	Red Roses (for Choir & Chanters)		\$20
Friday, April 30th	Holy Friday (p.m.)	Flower petals (myrofores baskets)	Camile Kosloski	\$30
Friday, April 30th	Holy Friday (p.m.)	Flower Frame for Extreme Humility Icon		\$50
Saturday, May 1st	Holy Saturday (a.m.)	Flower frame for Proti Anastasi Icon		\$50
Saturday, May 1st	Holy Saturday (p.m.)	Potted Lilies (12)		\$15 Each \$180 total
Saturday, May 1st	Holy Saturday (p.m.)	Flower Frame for Anastasi Icon		\$50
Saturday, May 1st	Holy Saturday (p.m.)	Flower shelf for Jesus Icon (Altar)		\$70
Saturday, May 1st	Holy Saturday (p.m.)	Flower shelf for Panagia Icon (Altar)		\$70
Saturday, May 1st	Holy Saturday (p.m.)	Flower shelf for St. John the Baptist (Altar)		\$70
Monday, May 3rd	St. George Vespers & Services	Flower Shelf for St. George (Altar)		\$70
Monday, May 3rd	The Feast Day of St. George	Flower Frame for St. George		\$50





Saint George Greek Orthodox Church Info

Office: (518) 393-0742 Fax: (518) 393-4093

website: www.saintgeorgegoc.com email: office@saintgeorgegoc.com

Reverand Father Neofitos Sarigiannis frneofitos@saintgeorgegoc.com

107 Clinton Street Schenectady, NY 12305 - Office Hours: Monday - Thursday 9 AM – 2 PM Parish Office closed on Friday

Facebook: <u>https://www.facebook.com/SaintGeorgeNY/</u>

St. George Square Site https://st-george-greek-orthodox-church.square.site/

Service Hours Our Sunday service hours are: Orthros 8:30 am Divine Liturgy 9:30 am

We look forward to seeing everyone in church!